

# FAQs About The Flu Vaccine

Influenza (flu) is a contagious respiratory illness that infects the nose, throat and lungs. It usually comes on suddenly and can be dangerous for children. Everyone 6 months of age and older should receive a flu vaccine every year to protect themselves and those around them from getting the flu. It takes 2 weeks for your body to develop protection against the flu virus and if you are already exposed to flu, the vaccine will not prevent you from getting sick.



## Q: Why should I get the flu vaccine?

Influenza can cause severe illness especially in those with underlying conditions. Flu vaccines are especially important this year because of the COVID 19 pandemic. Infection with both viruses will lead to more severe illness and greater numbers of people getting sick.



## Q: Does the flu vaccine work?

Yes! The influenza vaccine has been shown to decrease infections, hospitalizations and deaths.



## Q: Do I need a flu vaccine if I already got one last year?

Yes. The influenza virus changes every year and the flu vaccine is adapted to best match the virus expected for that year.



## Q: I never get sick so why do I need a flu vaccine?

Anyone can get the flu if they are in close contact with someone who is contagious. You are lucky if you do not get very sick, but you can still spread it to others who may not be able to fight the infection as well.



## Q: Can the flu vaccine give you the flu?

No! The injectable flu vaccine (flu shot) is not a "live" vaccine and cannot give you the flu.



## Q: Will I get a reaction to a flu shot?

You may have a sore arm, slightly higher temperature, or body aches after the flu vaccine. This is due to your immune system responding to the vaccine.



## Q: Will the flu vaccine protect me from common colds and COVID-19?

No. The flu vaccine will not prevent illnesses caused by other viruses. However, you can receive both the flu vaccine and COVID vaccine (if eligible) on the same day.