

MYTHS about flu vaccines

MYTH

People who are healthy don't need the flu vaccine.



TRUTH

Healthy people can get the flu - and become incredibly sick from it.

visit flu.delaware.gov



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

Immunization Program

MYTHS about flu vaccines

MYTH

The flu vaccine gives you the flu.



TRUTH

A flu vaccine can't give you the flu. It may cause mild side effects that could be mistaken for the flu.

visit flu.delaware.gov



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

Immunization Program

MYTHS about flu vaccines

MYTH

The flu vaccine doesn't
do anything.



TRUTH

The flu vaccine protects against
three to four types of the flu virus.

visit flu.delaware.gov



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

Immunization Program

MYTHS about flu vaccines

MYTH

COVID-19 makes it too risky to get a flu vaccine this year.



TRUTH

Health care providers are taking more precautions than ever because of COVID-19.

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DELAWARE HEALTH AND SOCIAL SERVICES

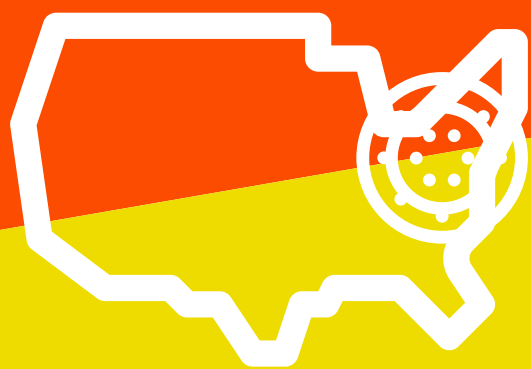
Division of Public Health

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MYTHS about flu vaccines

MYTH

It's too difficult to find a location where flu vaccines are given.



TRUTH

Many places offer flu vaccinations. Visit flu.delaware.gov to find a location near you.

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MYTHS about flu vaccines

MYTH

It doesn't matter what time of the year I get a flu vaccine.



TRUTH

Get your flu vaccine in the fall to protect yourself and your family sooner.

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