



DON'T SAY "ACHOO." DO YOUR PART TO STOP THE FLU.

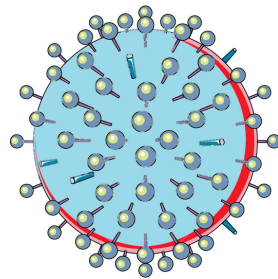
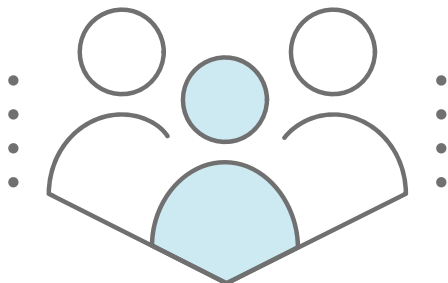


Why should I bother to get one?

Every year, a flu virus spreads from person to person. A person can get the virus from inhaling the droplets from someone's cough or sneeze. You can also be infected by touching a surface the virus is on, and then touching your eyes, nose, or mouth.¹

Lots of people get sick during the winter from the flu. Most people will recover. But some people get so sick they have to go to the hospital. Some will even die.

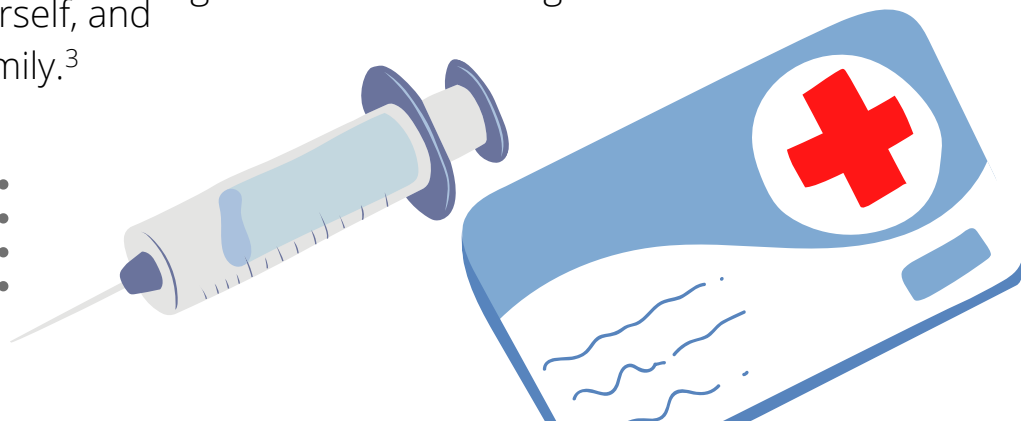
Getting a flu shot will make you less likely to get sick. A flu shot will also make you less likely to make someone else sick.² Some people have many health problems and can't get shots, so they need other people to be protected against the flu. Look out for yourself, and look out for your friends and family.³



How does it work?

The flu shot works by giving you a dead form of the virus. This helps your body make antibodies. So, if you do catch the real flu virus, your body will recognize it quickly and begin to fight it off.²

If you get the flu shot, you can still become sick from the flu, but it is much less likely. If you do get sick, your symptoms won't be as bad. You can't get flu illness from the flu shot. And remember, lots of viruses can "feel like" (have the same symptoms as) the flu. It's hard to say for sure that you have the flu virus, unless you go to the doctor and get a test.²



What's in them? Is it safe?

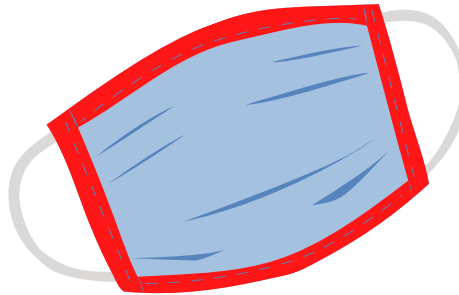
Vaccines are safe. Some people say that vaccines or shots have bad stuff in them, like mercury. But flu shots don't have any mercury in them.⁴



New vaccines are always tested multiple times before anyone can get them.⁴ A small number of people have a bad reaction after getting a flu shot. Most people have no reaction, or very mild reactions like swelling or itchiness where they got the shot. If you have had a severe reaction to a shot in the past, such as a seizure or trouble breathing, ask your doctor if it safe for you to get a flu shot.⁵

Will getting a flu shot protect me from COVID-19 (the coronavirus)?

Getting your flu shot won't keep you from COVID-19. The new COVID virus is different from the flu virus. There is not a vaccine for COVID-19 yet. But we expect both the flu and COVID to spread around a lot this winter. You can get more than one virus at once, so getting your flu shot will reduce how hard your body has to work if you get exposed to more than one virus. It will also mean that doctors won't have to care for so many sick people at once.⁶ One study has found that people who have gotten a flu shot are less likely to need to go to the hospital if and when they catch COVID-19.⁷



There is no evidence showing you are more likely to get COVID if you get a flu shot.²

It's not too late to get your flu shot this year! It's safe, easy, and maybe even free.

Some places offering free or discounted flu shots this year include Kroger, CVS, Walgreens, Meijer and Rite Aid. You can also talk to your doctor's office.



Ohio

Disability & Health Program

SOURCES:

1. CDC. (2018, AUGUST 27). HOW FLU SPREADS. RETRIEVED NOVEMBER 06, 2020, FROM [HTTPS://WWW.CDC.GOV/FLU/ABOUT/DISEASE/SPREAD.HTM](https://www.cdc.gov/flu/about/disease/spread.htm)
2. CDC. (2020, OCTOBER 22). KEY FACTS ABOUT SEASONAL FLU VACCINE. RETRIEVED NOVEMBER 06, 2020, FROM [HTTPS://WWW.CDC.GOV/FLU/PREVENT/KEYFACTS.HTM](https://www.cdc.gov/flu/prevent/keyfacts.htm)
3. WATSON, S. (2018, NOVEMBER 30). WHAT'S HERD IMMUNITY, AND HOW DOES IT PROTECT US? RETRIEVED NOVEMBER 06, 2020, FROM [HTTPS://WWW.WEBMD.COM/VACCINES/NEWS/20181130/WHAT-HERD-IMMUNITY-AND-HOW-DOES-IT-PROTECT-US](https://www.webmd.com/vaccines/news/20181130/what-herd-immunity-and-how-does-it-protect-us)
4. CDC. (2013). UNDERSTANDING THIMEROSAL, MERCURY, AND VACCINE SAFETY. RETRIEVED 2020, FROM [HTTPS://WWW.CDC.GOV/VACCINES/HCP/PATIENT-ED/CONVERSATIONS/DOWNLOADS/VACSAFE-THIMEROSAL-COLOR-OFFICE.PDF](https://www.cdc.gov/vaccines/hcp/patient-ed/conversations/downloads/vacsafe-thimerosal-color-office.pdf)
5. CDC. (2020, OCTOBER 01). WHO SHOULD AND WHO SHOULD NOT GET A FLU VACCINE. RETRIEVED NOVEMBER 06, 2020, FROM [HTTPS://WWW.CDC.GOV/FLU/PREVENT/WHOSHOUOLDVAX.HTM](https://www.cdc.gov/flu/prevent/whoshouldvax.htm)
6. BAI, N. (2020, NOVEMBER 02). WHY COVID-19 MEANS YOU NEED A FLU SHOT THIS YEAR. RETRIEVED NOVEMBER 06, 2020, FROM [HTTPS://WWW.UCSF.EDU/NEWS/2020/09/418406/WHY-COVID-19-MEANS-YOU-NEED-FLU-SHOT-YEAR](https://www.ucsf.edu/news/2020/09/418406/why-covid-19-means-you-need-flu-shot-year)
7. MOYER, M. (2020, OCTOBER 27). A FLU SHOT MIGHT REDUCE CORONAVIRUS INFECTIONS, EARLY RESEARCH SUGGESTS. RETRIEVED NOVEMBER 06, 2020, FROM [HTTPS://WWW.SCIENTIFICAMERICAN.COM/ARTICLE/A-FLU-SHOT-MIGHT-REDUCE-CORONAVIRUS-INFECTIONS-EARLY-RESEARCH-SUGGESTS/](https://www.scientificamerican.com/article/a-flu-shot-might-reduce-coronavirus-infections-early-research-suggests/)