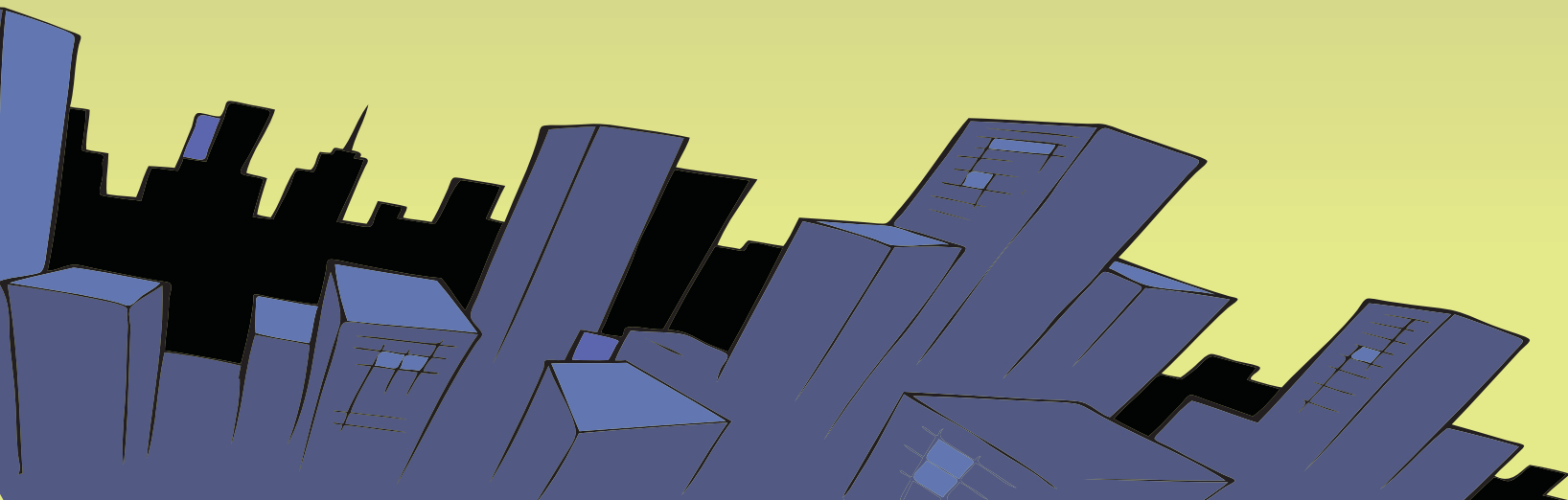


# FLU MYTH BUSTERS

**#1 You can catch the flu from the flu shot. FALSE.** You will not get the flu from the flu shot. The flu vaccine is made up of inactive viral particles, meaning it contains no live virus. You may experience some side effects like a mild fever or muscle aches, but that's due to your body producing protective antibodies.

**#2. You don't need to get a flu shot every year. FALSE.** The most common viruses that cause influenza change every year, so in order to stay protected, you need a current flu shot. This year's vaccine is designed to protect against the 3 to 4 flu viruses strains that researchers believe are the most likely to spread.

**#3. The "stomach flu" is related to the seasonal flu (influenza). FALSE.** Norovirus, also known as the "stomach flu", has no connection to influenza. Norovirus is an intestinal illness while influenza is a respiratory illness. Digestive stresses (vomiting and diarrhea) are rarely symptoms of influenza as with Norovirus.



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**#4. If you didn't get the shot by January, it's too late. FALSE.** As long as influenza is circulating and people are continuing to get sick in your area, it's not too late to get the vaccine. Flu season tends to begin in October or November and peak anywhere from December to February but has been known to occur as late May. So if you haven't gotten your flu shot, it's not too late!

**#5. If I don't have any symptoms, I'm not contagious. FALSE.** Most people become contagious starting one day before they develop symptoms and lasting until about 5 to 7 days after getting sick with the flu. This can last even longer in children. You may even be contagious even before you know you are sick since symptoms start 1 to 4 days after the flu virus enters the body.

**#6. I have to go to my doctor to get a flu shot. FALSE.** There's no need to have to make an appointment at your primary care physician to get your flu shot. AuBurn Pharmacy offers walk-in flu shots every day! No appointment necessary!

