

Myths vs. Facts

Debunking Common Misconceptions About the Flu

MYTH:

Many people think that flu symptoms are the same as a common cold, but they are not.

FACT:

The flu is more severe than a cold and can lead to serious complications, including hospitalization and even death.

MYTH:

Some believe that getting the flu vaccine can actually cause the flu, making people feel worse.

FACT:

Flu vaccines cannot cause the flu. They are made with inactive or weakened viruses that cannot infect you.

MYTH:

It's often thought that only vulnerable groups need the flu vaccine, not healthy adults.

FACT:

Even healthy individuals can catch and spread the flu, potentially affecting vulnerable groups. Vaccination helps protect everyone.

MYTH:

Many assume that one flu shot will provide lifelong protection, similar to other vaccines.

FACT:

Flu viruses change every year, so you need an updated flu shot annually for the best protection.

MYTH:

Some people think that antibiotics can help treat the flu if they get sick.

FACT:

Antibiotics do not work against the flu because it is caused by a virus, not bacteria. Antiviral medications may be prescribed, but prevention through vaccination is key.

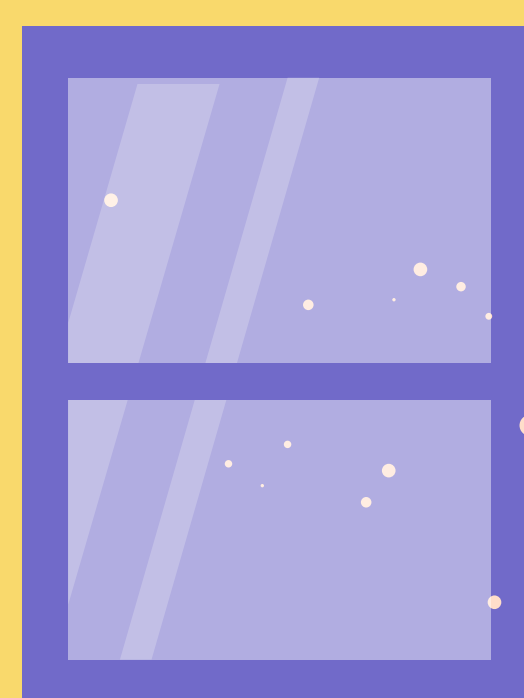
Practical Tips for Staying Healthy This Flu Season



TIP 1:

GET VACCINATED

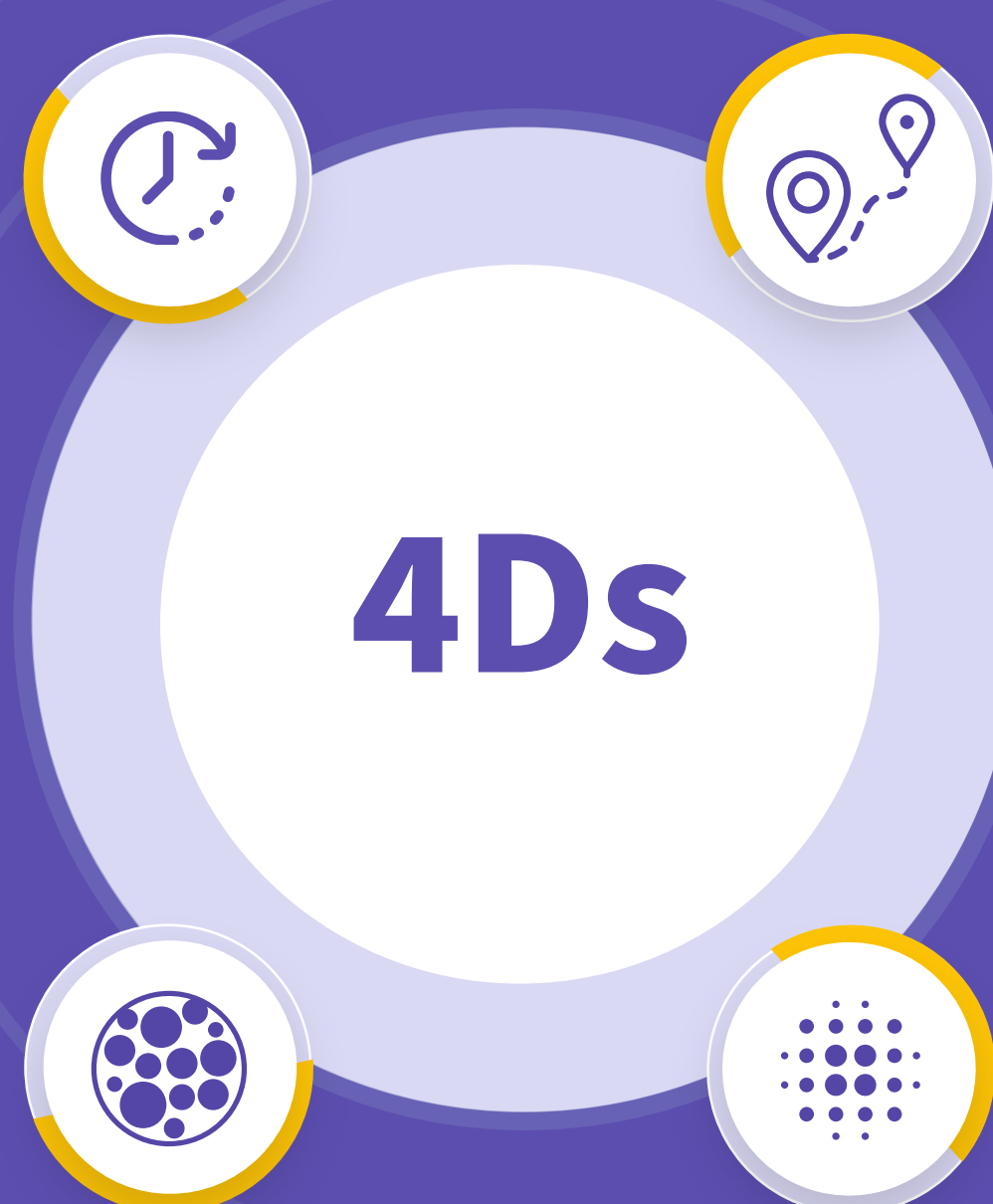
The flu vaccine is your best defense against getting sick and spreading the virus to others.



TIP 2:

COVER YOUR COUGHS AND SNEEZES

Always cover your mouth and nose with a tissue or your elbow when coughing or sneezing.



TIP 3:

FOLLOW THE 4DS

Minimize risk by considering the 4Ds: limit indoor exposure time, avoid crowded spaces, improve air circulation, and maintain distance from others.

TIP 4:

STAY HOME WHEN SICK

If you have flu-like symptoms, rest at home to recover and avoid infecting others.



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