

# Communication 101

## Common Questions About Flu & Flu Vaccination

### Can the flu vaccine cause the flu?

The flu vaccine cannot make you sick with flu. If you feel sick after vaccination, it's likely because your body's immune system is preparing to fight off future flu infections.



### Why do I need to get a flu vaccine every year?

There are many different strains (types of flu) that can make people sick, and these can change from year to year. To keep up with this change and to protect you from the strains most likely to make you sick, flu vaccines are updated annually.



### I thought the flu isn't serious?

Thousands of people die from the flu each year. Annual flu vaccination is the best defense against flu hospitalizations and deaths. If you have flu symptoms, get tested to receive prompt treatment and reduce the spread of flu.

**Remember: It's Not 'Just' the Flu – It's a Serious, but Preventable, Disease!**

# 5 ways to stay healthy during flu season

Taking the flu seriously is an act of kindness to protect yourself and others.

- 1 Get an annual flu vaccine
- 2 Wash hands often
- 3 If you think you have the flu, get tested
- 4 Take flu antivirals if they're prescribed to you
- 5 Get plenty of rest

Everybody deserves to stay healthy this flu season. Be kind to others — get vaccinated and don't ignore flu symptoms!



For more information, please visit: [www.familiesfightingflu.org](http://www.familiesfightingflu.org)



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