

FLU MYTHS VS. FACTS

MYTHS

FACTS

You can get influenza from the flu shot.

The flu shot contains the flu virus that has been killed or weakened, so you can't get the flu.

If I'm healthy, the flu is just like having a bad cold.

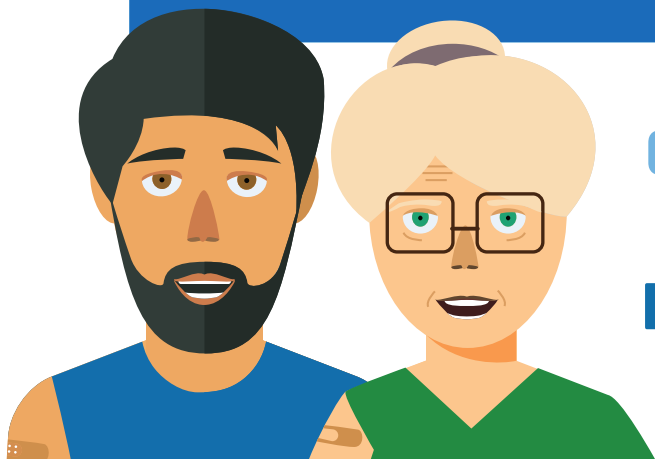
Influenza is a dangerous infection that can make even healthy people seriously ill. It can lead to serious health complications, hospitalization and even death.

I don't need to get my flu shot each year.

It is important to get your flu shot every year! The vaccine changes each year to protect against new strains of flu virus.

The flu vaccine isn't safe.

According to the CDC, millions of Americans have safely received flu vaccines over the past 50 years.



**GET THE
SHOT
NOT THE
FLU!**



**PROTECT YOURSELF. PROTECT YOUR
FAMILY. GET VACCINATED!**

To learn more about the flu shot and find a worksite clinic near you, visit nyc.gov/workwellnyc

**TAKE
ACTION**

**WorkWell
NYC**
Bill de Blasio, Mayor
Healthy Workforce. Healthy City.