

Flu Shot Fact Check

Flu season most often peaks between December and March, but can happen as late as May. If you have not yet gotten your shot, please get it now.

Is the flu shot really only 10% effective this year?



NO!

You may have seen misleading headlines recently.



Know The Truth!

The estimate of how well this year's flu shot protects was based against only one strain, not the two or three other strains also in the shot.



And the estimates are for Australia.

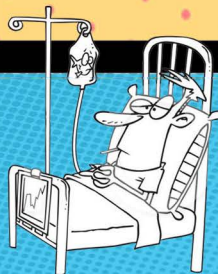


Down under?

What this means for the US is not yet clear.

Reasons to get a flu shot:

- Reduce the risk of dying or having to go to the hospital if you do get sick.
- Protect others like babies, the elderly and people with chronic illness.
- Lower the risk of heart attack if you have heart disease.



No!

The sooner you get your flu shot the more likely you are to be protected against the flu when it hits your community.

Is it too late to get the flu shot?

CDC (<https://www.cdc.gov/flu/about/qa/vaccineeffect.htm>)