

The Flu Vaccine (Shot)

What is the flu shot?

The flu shot is a vaccine that protects you from the flu. The flu is a sickness that spreads from person to person. Most people will get over the flu without any serious problems. But for some, the flu can be very serious. It can lead to pneumonia (lung sickness) or death. Each year thousands of people in the U.S. die from the flu.



Source: Centers for Disease Control & Prevention (CDC)

Why should I get a flu shot?

Getting a flu vaccine (shot or nose spray) each year is the best way to keep you and others protected from the flu.

Who should not get the flu shot?

Some people should not get the flu shot. Talk to your doctor first about getting the flu shot if you have very bad allergies, Guillain-Barre Syndrome (GBS), long term health problems, or you aren't feeling well today.

Will the flu shot give me the flu?

No. You are getting an inactivated flu shot. This means that there is no live flu in the shot.

Will I have any side effects from the flu shot?

Most people don't have any side effects after they get the flu shot. But for 1 or 2 days, you may:

- Feel dizzy or faint
- Have a headache
- Have pain or soreness where you got the shot
- Get sore, red, or itchy eyes
- Have a fever
- Feel body aches
- Feel tired

What are the signs of a bad reaction to the flu shot?

Having a bad reaction to the flu shot is very rare. But if you have any signs of a bad reaction to the flu shot, like a high fever or rash, call 911 right away.



Source: Centers for Disease Control & Prevention (CDC)

Talk to your CHN doctor if you have more questions!