

# FLU MYTHS

# DEBUNKED

**01.**

## Healthy people don't need to be vaccinated.

CDC continues to recommend that everyone 6 months and older get a flu vaccine if they have not yet this season. There's still time to benefit from vaccination since activity may continue for months. The flu can be serious, leading to hospitalization and death. The vaccine can reduce the risk of getting the flu and having a severe illness. Stop by the ATU Health and Wellness Center to get a flu shot.



**02.**

## If you get the flu, the shot didn't work.

Unlike vaccines that offer 100 percent protection, such as vaccines for measles and polio, the flu vaccine is only about 60 to 90 percent effective. This is because MULTIPLE STRAINS OF THE FLU VIRUS circulate every year, and it's difficult for scientists to predict exactly which strains will be dominant. Following flu vaccination, it's possible to become infected with a strain that wasn't included in the vaccine. However, the vaccine will still be somewhat effective, and your symptoms will be less severe.

**03.**

## You can't get the flu shot if it's too late in flu season.



The flu season can extend into May, so it's not too late to get vaccinated even if it's late in the season. Flu shots are available in the ATU Health and Wellness Center.

## If you have a high fever with the flu, antibiotics may be necessary.

**04.**

Antibiotics work well against bacteria, but they are NOT EFFECTIVE in treating viral infections like the flu. However, bacterial infections can develop as a complication of the flu virus. If your flu symptoms seem to linger or worsen, see your medical provider.