

# Fighting the Flu Starts with You!

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## Did You Know?



Influenza (flu) is a contagious respiratory virus. **It spreads when people with flu cough, sneeze, or talk.**



During a severe flu season, **about 1 out of every 10 people** will feel sick from the flu.



**Flu season usually begins in October**, peaks in February, and ends in April or May.



It is best to be vaccinated against flu before flu season starts. **Flu shots reduce flu illness by 40%-60%!**



Certain adults are at higher risk for developing serious complications from the flu and should be vaccinated each year. These include **adults 65 years and older, pregnant women, and adults with certain chronic medical conditions (like asthma, heart or kidney disease, diabetes, and stroke).**

## Flu Myths vs Flu Facts

**MYTH:** You can get the flu from the flu shot.

**FACT:** Flu shots do not contain live viruses, so **it is impossible to get the flu from the flu shot.** If you notice fever, soreness, or runny nose after a flu shot, this means your immune system is working to protect you from the flu. Or it might mean you caught a cold with flu-like symptoms.

**MYTH:** I got the flu shot last year. I don't need it this year.

**FACT:** Immunity to the flu shot decreases over time. Also, flu viruses change each year. **Get the flu shot every year for maximum protection.**

**MYTH:** The flu is just a cold. What's the big deal?

**FACT:** During the 2022-2023 flu season, the flu caused 27-54 million illnesses, 290,000-650,000 hospitalizations, and 19,000-58,000 deaths.

**MYTH:** I never get sick, so I don't need a flu shot.

**FACT:** Even if you don't feel sick, you can pass the flu onto someone more vulnerable than yourself like babies, seniors, or people with existing illnesses. Getting a flu shot makes you less likely to spread the flu to others.

**MYTH:** Flu shots don't work. I received a flu shot and still got the flu!

**FACT:** No shot is perfect. **Flu shots lower your risk of getting flu illness by ~40%-60%.** If you do get the flu, you will feel less sick than if you did not receive the shot.

Flu Facts retrieved from: Centers for Disease Control and Prevention. (2022). *Key Facts About Influenza (Flu)*. <https://www.cdc.gov/flu/about/keyfacts.htm>

Check with your doctor to ensure getting a flu shot is right for you. For more information, talk to your Healthmap Solutions Care Navigation team member or call Healthmap at **1-800-481-0474**.