

The Real Story About the Flu

Myth: The flu isn't a serious disease.

Fact: Both the seasonal and H1N1 flu are serious diseases that can lead to pneumonia and death.

Myth: The flu isn't very contagious.

Fact: The flu virus is extremely contagious! Flu viruses spread mainly from person to person through coughing or sneezing. The flu virus is in the wet spray (droplets of saliva and mucous) that comes out of the nose and mouth of someone who coughs or sneezes.

Myth: The side effects are worse than the flu.

Fact: The worst side effect you are likely to get from the seasonal or H1N1 shot is a sore arm that resolves in a day or two.

Myth: Only older people need a flu shot.

Fact: Healthcare workers are at high risk to get the flu or carry the flu from their patients to other patients and family members.

Myth: The flu shot does not work.

Fact: Most of the time the flu shot will prevent the flu. In studies, the effectiveness of the flu shot has ranged from 70 to 80 percent when there is a good match between circulating viruses and those in the vaccine.

Myth: The flu shot can cause the flu.

Fact: The flu shot cannot cause the flu, since the vaccine is attenuated (dead) virus.



For more information please visit: www.labormanagementproject.org