

Myth Busters!

Get the Facts about the Flu!

1. "If people around me aren't sick, I won't get the flu." False!

People can carry the flu even if they are not sick.

2. "Getting a flu shot gives you the flu." False!

The flu shot has only inactive flu virus in it. A flu shot can't give you the flu.

3. "Flu shots hurt and make you sick." False!

You will feel a pinch. You might feel sore, or a little achy and feverish later. Most people have no reaction at all.

4. "I had a flu shot last year, so I don't need one." False!

The flu virus changes every year.

5. "I didn't get a shot in October, so it's too late." False!

Get a flu shot as early as possible between October and March.

Get Your Flu Shot!

No matter who you are, you can get the flu! Make sure to get the flu shot every year!



For the full video and more information, go to <http://ddssafety.net/health/preventive-health/fighting-flu-and-pneumonia>

Be Flu-Free!

Get Your Flu Shot Today!



CALIFORNIA DEPARTMENT OF DEVELOPMENTAL SERVICES



What Is the Flu Shot?

The flu shot is the best way to protect against influenza (flu). The flu is a contagious disease that can lead to serious illness, hospitalization, and even death.

Who Needs the Flu Shot

- Everyone 6 months or older should get a flu shot.
- People with health conditions like asthma, diabetes, or heart disease should get a flu shot.

Who Shouldn't Get It

People with chicken egg allergies or who have had bad reactions to a flu shot in the past.



When to Get It

- Get a flu shot as early as possible, between October and March.
- It is important to get a flu shot every year! The flu virus is always changing.

What to Expect

- The flu shot does not give you the flu.
- Flu shots feel like a slight pinch.
- After getting a flu shot, you may feel achy or feverish for a day or so. Most people have no reaction at all!

For more information on flu shots, go to the DDS SafetyNet: <http://ddsafety.net/health/preventive-health/fighting-flu-and-pneumonia>

Where to Get It

To get a flu shot, ask:

- Your doctor
- The county health department
- A pharmacy (like Walgreens or CVS)
- A grocery store (like Safeway, Target, Vons, Costco, or Walmart)

Go to <http://vaccine.healthmap.org/> to find places with shots near you!

How do I schedule a flu shot?

- Call a county health department, local pharmacy, or grocery store to see when they give flu shots.
- Make an appointment at your **doctor's office.**

Who else can I call for information?

- Call your regional center service coordinator and ask where to get a flu shot.
- Check with your insurance provider to find out if your plan covers the flu shot.

