

Flu Transcript

English

You can't get the flu
from a flu shot.

[GetMyFluShot.org](https://www.getmyflushot.org)



As we head into flu season, if you're like most people, you have questions. Getting a flu shot lowers your risk of getting sick.

And if you do happen to get flu, it's likely to be less severe. That way you won't miss out on things you love to do and you're helping to protect those closest to you.

Yes, it's very important to get a flu shot each and every year because flu viruses are constantly changing and immunity from the vaccine decreases over time.

Every year, flu vaccines are updated to work against that season's viruses. The best time to get your flu vaccine is in the fall, but getting it later can still help.

Flu can be serious and severe. Every year, millions of people get sick. Hundreds of thousands end up in the hospital. And in a bad flu season, over 50,000 have died from flu.

On top of that, black and Hispanic Americans are hit hardest by flu. A flu shot is the best way to keep from getting sick, being hospitalized, or dying from flu.

Many of my patients are concerned that getting a flu shot will give them flu. But you cannot get flu from a flu vaccine. While you may have short term side effects like soreness, fatigue or fever.

The flu shot has not given you flu and any side effects you may have are usually much milder than flu would be.

Yes, you can get a flu shot and a COVID shot at the same time if you're due for both. It's safe to get both vaccines at the same visit. They are two separate shots, and it's important to get both.



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A COVID shot does not protect you against flu, and a flu shot does not protect you against COVID.

Be sure to stay up to date with both vaccines. Flu shots are often free or low cost. Most insurance plans cover flu vaccines at no cost to you.

If you don't have insurance, you may be able to get a free or low-cost flu shot at your local community clinic or public health department.

You can get vaccinated against the flu at your doctor's office, neighborhood Pharmacy, County Health Department or local urgent care center.

The flu vaccine provides important protection. Last flu season, people who were vaccinated were 35% less likely to get flu than people who skipped the shot.

If you do get vaccinated but happened to get flu anyway, the flu shot can make your illness less severe and substantially reduce your risk of ending up in the hospital.

Flu vaccines are monitored by the FDA and CDC to make sure they're safe. They have a strong safety record.

Millions of Americans have been getting flu shots for more than 50 years, and there's extensive research supporting their safety.

So don't worry, your flu shot is safe and effective.

