

Let's Talk About The Flu

Questions and Answers

Why is it important to get the flu vaccine?

- The flu vaccine is a way to help prevent the flu. Part of keeping ourselves healthy is to do everything we can to keep from getting sick.
- Sometimes people still get the flu after they've received the vaccine. Even so, the vaccine can help keep you out of the hospital or perhaps save your life.

Common questions about the flu vaccine

I got a flu shot and got sicker afterwards. How does a flu vaccine help me?

- Your body is made to fight sickness. The flu vaccine helps your body fight sickness better by training your body to fight certain types of the flu better. Getting the flu shot is like lifting weights. After lifting weights, your body may feel sore, but will be stronger afterwards. Some people may feel sick after getting the flu shot but their body will be stronger and will be better able to fight certain types of flu. The flu shot can help your body become stronger so that when the flu comes, you won't get the flu.

I've never gotten the flu shot and I'm healthy and have never gotten the flu. So why do I need the flu vaccine?

- Getting a flu vaccine is something you can do to decrease your risk of getting the flu. Even if you've never gotten the flu, it's important to do everything you can to stay healthy. Getting the flu vaccine is like buckling your seat belt. Some people have never buckled their seat belt and have never gotten into an accident. But buckling your seat belt is still important because if you get into an accident, the seat belt can save your life. There may be a very small chance that you will get the flu, but why take that chance? Just like buckling your seat belt, it's important to do everything you can to be as healthy as possible.

Why should I inject a foreign body into my system? Isn't that unnatural and unnecessary?

- Our bodies are made to fight foreign things such as different illnesses so we can be healthy. Our bodies fight sicknesses every day. But our bodies are not perfect. Just as a boxer needs to train well before fighting in a boxing match, getting the flu vaccine is a way to train the body to fight the flu. Your body will fight the flu even if you don't get the vaccine. Getting the flu vaccine is a way to help your body train for the fight so it can fight better.

It doesn't make sense to prevent what I don't have. Why put the flu in you if you don't have the flu?

- There are a lot of things that we do to prevent what we don't have. We buckle our seatbelts to prevent being seriously hurt if a car accident occurs. We try to eat healthy and exercise to prevent disease and to live a longer life. The flu vaccine consists of dead parts of the flu. By exposing your body to the flu vaccine, your body learns to fight the flu better, so when the real flu comes, the body will be able to keep it from making us sick.

I've heard of someone who died from the flu shot. Isn't it dangerous?

- Every year thousands of people in the U.S. die from the flu. This last flu season, which was the 2016-2017 flu season, the flu killed at least 63 people in Arkansas.
- The flu shot is safe and does not cause death. Millions of people around the world take the flu shot on a regular basis and are healthy. People can die from the flu, so taking the flu shot is important. The flu shot can help prevent death, not cause it.

Can I really trust the government to take this flu shot?

- It can be hard to trust that the flu shot will help you and your family. You may have fears that the government will want to hurt you and the ones that you love. Millions of people around the world have taken the flu shot every year and have not been hurt from the flu shot. Many scientific studies have shown that the flu shot is safe and helps people stay healthy. There are many other facts that show that the flu shot is good. Only you can decide what is best for you.

If there's no guarantee that I won't get the flu, why get a flu shot?

- There is no guarantee that you won't get the flu if you get the flu shot, because the flu shot will cover only certain types of the flu. However, getting a flu shot will increase your odds that you won't get the flu. If you were playing the lottery, wouldn't you want to have the best odds that you can to win the lottery? Having the best odds does not guarantee that you will win the lottery, but you want to do everything you can to win the lottery. The flu shot is the same way. Even though there is no guarantee that you won't get the flu, you will have better odds of staying healthy.

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