Knocking Down Four Common Reasons for Dodging the Flu Vaccine

THE MULTITASKER

"I'm way too busy to get the flu vaccine."

Getting the flu vaccine doesn't take long and easily fits into a busy schedule.

Vaccinations are available at many convenient locations. Contact your health care provider or visit vaccinefinder.org to find one near you.

Getting the vaccine takes less than 10 minutes once everything is prepared.

Without the flu vaccine, you're at risk of spreading the virus to loved ones. Up to 30% of people carrying the flu virus never experience symptoms, but are contagious and can pass it to vulnerable populations, like older adults and babies.[1]

You're too busy to get the flu. Make time to get the vaccine.

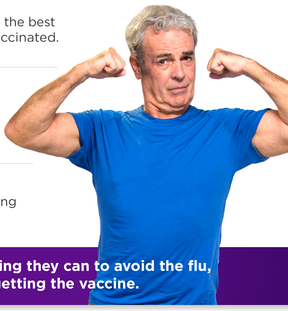
THE INVINCIBLE

"I'm healthy. I won't get the flu."

Anyone can get the flu, and the best way to avoid it is to get vaccinated.

Healthy people can get seriously ill from the flu and may require hospitalization.

Getting your vaccine is an important part of maintaining a healthy lifestyle.



Healthy people do everything they can to avoid the flu, and that means getting the vaccine.

THE SKEPTIC

"I'm not sure the flu vaccine really works."

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination, providing important protection against the flu virus.[2]

The flu vaccine has been shown to reduce cases of flu-related hospitalizations and death.

While effectiveness can vary, studies show the vaccine can reduce flu risk.[3]

The flu is guaranteed to knock anyone off their game. Why take those odds? Get vaccinated instead.

THE WORRYWART

"I think the flu vaccine will make me sick."

A small percentage of people can experience mild side effects.

The flu vaccine doesn't cause the flu.

The flu vaccine protects you if you are unknowingly exposed to the flu virus. If you're part of a vulnerable population, such as older adults, it's especially important that you get vaccinated.

Why worry about getting the flu? Get vaccinated instead.

Don't Be a Shot Dodger.

Join #TeamFluDodger instead by getting you and your family vaccinated.

For more information, visit flu.nc.gov.

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

North Carolina Public Health

1. According to the Harvard School of Public Health. (June 5, 2017).
2. Flu vaccines are approved for people as young as 6 months of age and up. Flu vaccines are approved for use in pregnant women and people with chronic health conditions.
3. Among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.

References

Centers for Disease Control and Prevention. https://www.cdc.gov/flu/index.htm

10 Flu Myths: Dispelling misinformation about the flu vaccine, sickness treatment and recovery. (June, 5, 2017) https://www.health.harvard.edu/diseases-and-conditions/10-flu-myths