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 vaccineline.org to find one near you.

The Invincible

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

Getting the flu vaccine takes less than 15 minutes once everything is prepared.

Without the flu vaccine, you're at risk of spreading the virus to loved ones, up to 20% of people carrying the flu virus, new vaccine-resistant strains, and even to vulnerable populations, like older adults and babies.

You're too busy to get the flu. Make time to get 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, which provide protection against the flu virus.

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

When effectiveness varies, studies show the vaccine can reduce flu risk.

The Worried Rat

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

A small percentage of people may experience mild side effects.

The flu vaccine doesn't cause the flu.

The flu vaccine protects you if you're ultimately exposed to the flu virus. It's part of a vaccine's ability to produce protection. It's important that you get vaccinated.

Why worry about getting the flu? Get vaccinated instead.

Don't Be a Shot Dodger. Join 8TeamFluFighting instead by getting you and your family vaccinated. For more information, visit N.C.gov.

References