

Flu can be serious...Protect yourself!

The flu shot cannot give you the flu.

How does flu spread?

Flu is easily spread through the drops of moisture in the air from the nose, throat and lungs of a person with the flu. It can also be spread by touching items that someone has sneezed or coughed on while they had the flu.

When can a person with the flu spread it to others?

A person can spread the flu one to two days before getting sick and up to five days after getting sick.

How long does it take to get flu symptoms after being exposed?

It usually takes two days to start getting flu symptoms. It can take from one to four days before getting symptoms.

What is the best way to prevent the flu?

The best way to prevent the flu is with a yearly flu shot. Talk to your doctor now about getting a flu shot.

What about people who get a yearly flu shot and still get sick with flu-like symptoms? Did the flu shot give them the flu?

No. The flu shot cannot cause the flu. Most flu shots, including all for people 65 or older, contain a killed virus.

There are several reasons why someone might get a flu-like illness, even after they have the flu shot.

1. A person could be exposed to the flu before getting the shot or during the two weeks after the shot that it takes to become protected. (A reason to get your shot early in the season.)
2. They may have a cold or other type of virus that causes symptoms similar to the flu.
3. They could be exposed to a flu virus not included in the shot for that year.
4. In some people, the flu shot doesn't always provide total protection against the flu. This is more likely to happen in people with weak immune systems or people age 65 or older.

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