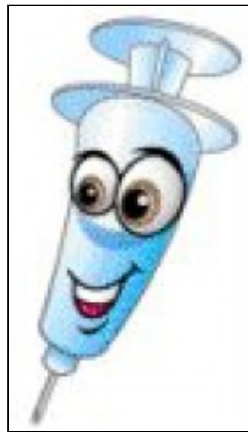


## *Health Literacy Now*

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### **Flu Shot**



#### **Why do I need to take a flu shot?**

Flu is caused by the flu virus. Flu can make us very sick. People can die from flu. The flu shot can protect us from flu.

#### **How many times do I take the flu shot?**

You only need to get it once a year if you are an adult.

#### **What's the best time to take a flu shot?**

Take your flu shot in the fall or as soon as possible.

## **Can I get flu even after a flu shot?**

Yes, you can. There are many types of flu viruses. They change every year. The flu shot protects us from the three main flu viruses. You can still get flu from the other types of flu viruses.

## **Does the flu shot work right away?**

No, it takes about 2 weeks to work.

## **Are there any side effects of the flu shot?**

Most people don't get any side effects. Some can get pain, redness and swelling where you get the shot. You may get aches or low grade fever.

## **Will the flu shot protect me from swine flu?**

No, it does not. There is a different shot for the swine flu.

## **I still have concerns about the flu shot. What should I do?**

Ask your doctor.

**Reference:** <http://www.cdc.gov/flu/about/qa/flu vaccine.htm>

<http://www.cdc.gov/FLU/protect/keyfacts.htm>

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