As a health care provider, you know better than anyone how to keep your loved ones, patients and yourself healthy during flu season. You’ve heard all of the reasons why people don’t get vaccinated. But with busy schedules who has time to stay home sick?

“WON’T THE VACCINE GIVE ME THE FLU?”

No. The viruses in the flu vaccine are killed or weakened, so you cannot get the flu from the vaccine. Rare vaccine side effects can include a low fever, a slight headache or mild body aches. This is a natural response of a healthy immune system.

“IS THE FLU REALLY THAT BIG OF A DEAL?”

Yes. Aside from the cough, sore throat, runny or stuffy nose, body aches, fever, chills, headache, fatigue, vomiting and diarrhea associated with the flu, do you really have the time to be sick?

“WILL THE VACCINE KEEP ME HEALTHY?”

Yes. Getting vaccinated is your best protection against getting the flu and spreading it to your family, patients and coworkers. The vaccine reduces your chances of catching the flu by 70 – 90%. The flu vaccine protects you against the three
viruses research suggests will be most common. The 2010-2011 flu vaccine protects against H1N1 and two other flu viruses. Flu vaccines do not protect against all viruses, so it is still important to wash your hands well and often, to cover your coughs and sneezes, and to stay home if you are sick.

"IS THE FLU VACCINE SAFE?"

**Yes.** Prior to release, vaccines are tested for safety and effectiveness in clinical trials. All vaccines licensed in the U.S. are held to high standards of quality and safety and are monitored during and after immunization.

"DO I NEED TO GET VACCINATED EVEN IF I NEVER GET SICK?"

**Yes.** Flu seasons are unpredictable and can become severe. Many people recover from the flu without problems, but it can be serious even for healthy people. The flu is very contagious and can be spread before you even know you are sick. Some people who you care for every day, like young children, pregnant women, and people with chronic health conditions, are at much greater risk for serious health problems, hospitalization and even death if they get the flu.

Taking five minutes to get vaccinated is the best way to stop the flu from spreading.

Visit [www.cchealth.org](http://www.cchealth.org) for information about protecting yourself from the flu.