

# FLU SHOTS

## GET THE FACTS ON THE FLU VACCINE!

The Centers for Disease Control and Prevention recommends that everyone over the age of 6 months receive an annual flu vaccine. Notre Dame of Maryland University is proud to offer you a flu vaccine this winter to prevent the onset and spread of the virus.



To address any concerns you may have, check out these common myths:

**Myth: If you get the flu vaccine, you will get the flu.**

- You cannot get the flu from the vaccine because it is composed of inactivated viruses. You may experience minor soreness or redness at the injection site, headaches, a low-grade fever or a runny nose for a day or two after receiving the shot.

**Myth: Getting an annual flu shot will weaken your immune system.**

- The flu vaccine will actually boost your immune system to fight off the virus. Those who get the vaccine every year are 70-90 percent more likely to avoid the flu.

**Myth: Pregnant women should not get a flu shot.**

- Pregnant women should get a flu shot because carrying a child puts women at risk of serious complications with flu.
- Studies have shown that there are no harmful effects on a growing fetus from a flu vaccine, at any stage of development.