

# FAST FLU VACCINE FACTS



## MYTH



“You can get the flu from the flu shot.”



“Healthy people don’t need a flu vaccine.”

## FACT



The flu shot **cannot** cause the flu.



**Anyone can get the flu,**  
even young and healthy people.

**Don’t take the risk this respiratory season.**

**Contact your health care provider or local health department to get your flu shot at little to no cost.**



**Department of  
Health**