

3 Reasons to Get a Flu Shot

1. Prevent flu-related deaths. Each year 36,000 people in the U.S. die because of flu.

2. Prevent serious illness. The flu causes over 200,000 people to be hospitalized each year in the U.S.

3. Protect Other People. You should get a flu shot if you live or spend time with people who are at high risk of complications from the flu, like the elderly or people with weakened immune systems. Get a flu shot to help protect yourself and others you care about.

For more information about flu shots:

Centers for Disease Control:
www.cdc.gov/flu/about/qa/flu vaccine.htm (Q & A)

Public Health—Seattle & King County:
www.kingcounty.gov/healthservices/health/communicable/immunization/flu season

Washington Department of Health
www.doh.wa.gov/cfh/immunize/documents/flu placemat 10-05.pdf (poster)

Public Health 
Seattle & King County

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Should I Get a Flu Shot?



Questions and Answers

Health Care for the Homeless Network
Phone: 206-296-5091

Thinking about getting a flu shot?

Myths & Facts

Where can I get a flu shot and how much will it cost?

- Flu vaccines are covered by Medicare Part B and can be obtained from your regular health care provider.
- If you have Medicare or other insurance bring your information with you.
- Flu shots are also available at Public Health clinics on a sliding scale.
- Many pharmacies and stores also provide flu shots for a fee.
- **Free flu shot clinics will be provided at various homeless shelters/programs by Health Care for the Homeless Network's nurse.**



For information on dates and locations call (206) 296-5091.

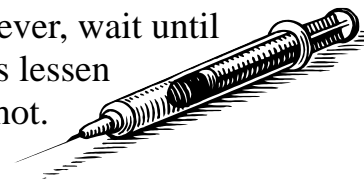
Who should get a flu shot?

Anyone can get the flu, however people at **high risk** for flu and **those who work or spend time with people at high risk** are particularly recommended to get a yearly flu shot. This includes people:

- Age 65 or older.
- Who frequently spend time in crowded situations (shelters, bus...)
- Who reside in a nursing home or chronic care facility.
- Who have chronic health conditions.
- With depressed immune systems. (diabetes, AIDS, TB, chemotherapy)
- Pregnant in the 2nd or 3rd trimester.

Who should NOT get a flu shot?

- People with a severe allergy to chicken eggs.
- People who have had a severe reaction to a flu shot in the past.
- People who developed Guillain-Barré syndrome (GBS) within 6 weeks of a previous flu shot.
- Children less than 6 months old.
- If you have a fever, wait until your symptoms lessen to get the flu shot.



Myth: “The flu isn’t a serious disease.”

Fact: Influenza (flu) *is* a serious disease of the nose, throat, and lungs that can lead to pneumonia. Each year about 200,000 people in the U.S. are hospitalized and about 36,000 die because of the flu. Getting a flu shot can help prevent a widespread flu outbreak in our community.

Myth: “The flu shot can cause the flu.”

Fact: The flu shot *cannot* cause the flu. There is no live virus in the shot. If you get the flu after a flu shot, it is most likely that you were exposed to the flu before the shot but didn’t know it. Symptoms may take 1-3 days to appear so people often mistake the shot as the cause of their sickness.

Myth: “The flu shot does not work.”

Fact: Most of the time the flu shot *will* prevent the flu. Flu shots are 70-90% effective in preventing the flu or at least reducing the symptoms. Getting the vaccine is your best protection against this disease.

Myth: “Side effects are worse than flu.”

Fact: Serious problems from the flu shot are *very rare*. Most people get a little soreness or redness where they get the shot which goes away in a day or two. A small number of people may have a slight fever for a day or so afterward. The risk of a severe allergic reaction to the vaccine is less than 1 in 4 million.