

Fighting the Flu Starts with You!

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Did You Know?



Influenza (flu) is a contagious respiratory virus. **It spreads when people with flu cough, sneeze, or talk.**



During a severe flu season, **about 1 out of every 10 people** will feel sick from the flu.



Flu season usually begins in October, peaks in February, and ends in April or May.



It is best to be vaccinated against flu before flu season starts. **Flu shots reduce flu illness by 40%-60%!**



Certain adults are at higher risk for developing serious complications from the flu and should be vaccinated each year. These include **adults 65 years and older, pregnant women, and adults with certain chronic medical conditions (like asthma, heart or kidney disease, diabetes, and stroke).**

Flu Myths vs Flu Facts

MYTH: You can get the flu from the flu shot.

FACT: Flu shots do not contain live viruses, so **it is impossible to get the flu from the flu shot.** If you notice fever, soreness, or runny nose after a flu shot, this means your immune system is working to protect you from the flu. Or it might mean you caught a cold with flu-like symptoms.

MYTH: I got the flu shot last year. I don't need it this year.

FACT: Immunity to the flu shot decreases over time. Also, flu viruses change each year. **Get the flu shot every year for maximum protection.**

MYTH: The flu is just a cold. What's the big deal?

FACT: During the 2024-2025 flu season, the flu caused 47-82 million illnesses, 610,000-1.3 million hospitalizations, and 27,000-130,000 deaths.

MYTH: I never get sick, so I don't need a flu shot.

FACT: Even if you don't feel sick, you can pass the flu onto someone more vulnerable than yourself like babies, seniors, or people with existing illnesses. Getting a flu shot makes you less likely to spread the flu to others.

MYTH: Flu shots don't work. I received a flu shot and still got the flu!

FACT: No shot is perfect. **Flu shots lower your risk of getting flu illness by ~40%-60%.** If you do get the flu, you will feel less sick than if you did not receive the shot.

Check with your doctor to ensure getting a flu shot is right for you. For more information, talk to your Healthmap Solutions Care Navigation team member or call Healthmap at **1-800-481-0474**.

REFERENCE: Centers for Disease Control and Prevention. (2025). *Preliminary Estimated Flu Disease Burden 2024-2025 Flu Season*. <https://www.cdc.gov/flu-burden/php/data-vis/2024-2025.html/>

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