

Helping Your Patients to Better Understand the Flu Shot

Neighborhood News – October 2024

With the 2024 flu season approaching, it's crucial to encourage vaccination. The flu vaccine remains one of the most effective protections against influenza. However, misconceptions can deter people from getting vaccinated. As trusted medical providers, your influence and guidance are vital in educating patients and dispelling these myths.

Common Myths and Concerns

Myth: The shot will give me the flu.

Fact: The flu shot cannot cause flu illness. It is made with an inactivated virus or no virus at all. Common side effects like soreness, low-grade fever, and body aches usually resolve within two days.

Myth: The flu shot is more dangerous than the flu.

Fact: The flu can be severe and sometimes fatal, especially for the elderly, young children, and those with chronic conditions. Vaccination can prevent the flu or make symptoms milder if contracted.

Myth: Young and healthy people do not need to get the flu shot.

Fact: The Centers for Diseases Control and Prevention recommends annual flu vaccinations for everyone aged six months and older. Even healthy individuals can transmit the virus to more vulnerable populations.

Myth: You don't need a flu shot every year.

Fact: Annual flu vaccination is needed every year to protect both the patient and others from the flu due to waning immunity and changes in the flu virus, ensuring each year's vaccine targets the most prevalent strains.

Flu Vaccination at No Cost

Neighborhood Health Plan ensures all members can receive a flu shot at no cost. Discussing vaccine safety and addressing concerns can significantly influence patient decisions to get vaccinated. Use your trusted position to promote flu vaccination and protect your community.