

Flu Vaccine Myths & Facts

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 people die because of the flu. Most people who die due to flu complications are 65 years and older. But small children less than 2 years old are also at risk of being hospitalized because of the flu.

Myth

"You must get the flu vaccine before December."

FACT

The best time to get a Flu shot is October or November. But you can get vaccinated in December or later. For more information, ask your healthcare provider.

Myth

"The flu shot does not work."

FACT

Most of the time the flu shot will prevent the flu. In scientific studies, the effectiveness of the flu shot has ranged from 70% to 90% when there is a good match between circulating viruses and those in the vaccine. Getting the Flu shot is your best protection against this disease.

**To Get A Flu Shot
Visit Our HCPHES
Health Clinics!**

**Antoine Health Clinic
5815 Antoine, Suite A
Houston, TX 77091
Tel. 713-602-3300**

**Baytown Health Clinic
1000 Lee Dr.
Baytown, TX 77520
Tel. 281-427-5195**

**Humble Health Clinic
1730 Humble Place Dr.
Humble, TX 77338
Tel. 281-446-4222**

**LaPorte Health Clinic
1009 S. Broadway
LaPorte, TX 77571
Tel. 281-471-4202**

**Southeast Health Clinic
3737 Red Bluff
Pasadena, TX 77502
Tel. 713-740-5000**



**Protect
Your Child
Against
The Flu**



Harris County

HCPHES

Public Health & Environmental Services

www.hcpbes.org

What is the flu (influenza)?



The flu is a highly contagious disease that is caused by the influenza virus which infects the respiratory tract (nose, throat and lungs). Unlike many other viral infections, such as the common cold, the flu can cause severe illness and life-threatening complications in many people.

How does it spread?

The flu spreads easily from one person to another. When an infected person coughs or sneezes, tiny droplets containing the flu virus are released into the air. When you inhale these droplets you can become infected with the flu (this is also known as "droplet spread"). A person can also catch the flu by touching an object that has infected droplets on it and then touching their own nose or mouth before washing their hands.

Who should get the flu shot?

- ◆ Children 6-59 months of age
- ◆ Children with high risk conditions & chronic diseases such as asthma, immune suppression, diabetes and sickle cell anemia among others
- ◆ Adults 50 years of age and older
- ◆ Adults with high risk conditions such as diabetes
- ◆ Health-care workers
- ◆ Adults that take care of children, such as daycare workers and teachers

What can I do to protect my child against the flu?

- ◆ Take your child to get a flu shot
- ◆ Encourage your child's daycare provider or teacher to get a flu shot
- ◆ Encourage family members and friends to get a flu shot
- ◆ Get a flu shot yourself

