



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

WHEN IT COMES TO THE FLU, FACTS > MYTHS

#ScarboroughVSFlu

MYTH



Flu vaccines give you the flu.

FACT



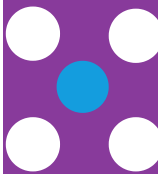
0% chance of getting the flu from the flu shot.

MYTH



Healthy people don't get the flu.

FACT



1 in 5 people get the flu each year. 270 Canadians died from the flu last year.

MYTH



I never get sick, so I don't need the flu shot.

FACT



It takes 1-2 days for symptoms to show, avg length of the flu is 2-7 days & the coughs can last weeks.

MYTH



Once I have the shot, I can't spread the flu.

FACT



Takes 2 weeks for the flu to be fully effective.

MYTH



The flu shot does not work.

FACT



The shot reduces severity of flu in up to 60% of healthy adults & children

MYTH



You can't spread the flu if you are feeling well.

FACT



20-30% of people carrying influenza virus have no symptoms

MYTH



It's not a big deal to get the flu.

FACT



5,365 Canadians hospitalized with the flu last year.



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MYTHS



FLU VACCINES GIVE YOU
THE FLU.

HEALTHY PEOPLE DON'T GET
THE FLU.



I NEVER GET SICK, SO I DON'T
NEED THE FLU SHOT.

ONCE I HAVE THE SHOT, I
CAN'T SPREAD THE FLU.



THE FLU SHOT DOES NOT WORK.

YOU CAN'T SPREAD THE FLU IF
YOU ARE FEELING WELL.



IT'S NOT A BIG DEAL TO
GET THE FLU.

FACTS



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FLU FROM THE FLU SHOT.

1 IN 5 PEOPLE GET THE FLU
EACH YEAR. 270 CANADIANS
DIED FROM THE FLU LAST YEAR.



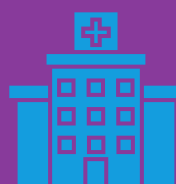
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SYMPTOMS TO SHOW, AVERAGE
LENGTH OF THE FLU IS 2-7 DAYS
WHILE COUGHS CAN LAST WEEKS.

TAKES 2 WEEKS FOR THE
FLU TO BE FULLY EFFECTIVE.



THE SHOT REDUCES SEVERITY
OF FLU IN UP TO 60% OF
HEALTHY ADULTS & CHILDREN.

20-30% OF PEOPLE CARRYING
INFLUENZA VIRUS HAVE
NO SYMPTOMS.



5,365 CANADIANS
HOSPITALIZED WITH THE FLU
LAST YEAR.