

## YOUR FLU I.Q.?

- 1. The flu vaccine can give you the flu?**  
*False. The flu vaccine cannot cause flu illness.*
- 2. The stomach flu and influenza are the same thing?**  
*False. The flu is a respiratory disease, not a stomach or intestinal disease.*
- 3. Getting a flu vaccine in December or later is not too late?**  
*True. It is recommended you get vaccinated as soon as the vaccine is available in the fall but vaccination can continue into December, January and beyond.*
- 4. Flu viruses change constantly which requires a new flu vaccine to be produced each year?**  
*True. The viruses in the vaccine change each year.*
- 5. The flu vaccine protects against 3 strains of flu?**  
*True. While there are many different flu viruses, the flu vaccine protects against the three main flu strains that research indicates will cause the most illness through flu season.*
- 6. Washing your hands is the best thing you can do to protect against the flu?**  
*False. A flu vaccine is the first and most important step in protecting against the flu.*
- 7. The flu is typically spread through cough and or sneezes?**  
*True. Flu virus is mainly spread through droplets from coughs and sneezes.*
- 8. The flu is not a serious illness?**  
*False. Flu is a serious contagious disease.*
- 9. You can spread the flu to others before you have symptoms?**  
*True. It is possible to infect others 1 day before the onset of symptoms.*
- 10. You can only receive the flu shots from a physician office or clinic?**  
*False. Flu shots are available at this pharmacy. For those covered by Medicare, BCBS of NC, NC State Employees and Humana your co pay is zero.*

## SCHEDULE YOUR APPOINTMENT TODAY

*The single best way to protect against the flu is to get vaccinated each year. October through December is the best time to get vaccinated. Getting vaccinated later in the flu season still provides protection, as the flu season normally peaks in January or later.*

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