

# MYTH

VS

# FACTS

## About the Flu and COVID-19 Vaccines

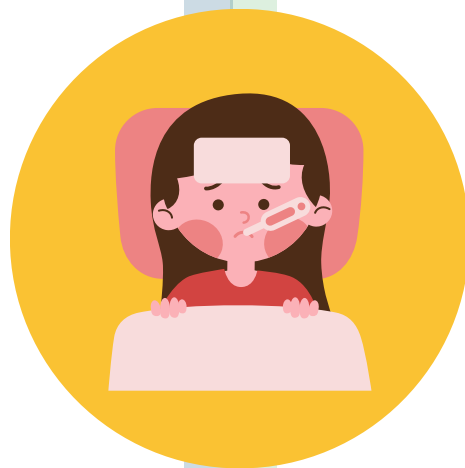
Myth 1: You don't need an updated flu or COVID-19 vaccine.



The flu and COVID-19 vaccine are annual recommendations for two reasons:

- Protection from the vaccine wears off over time, so you need a new one each year to stay protected.
- Both flu and COVID-19 viruses change all the time, so the vaccine is checked and updated each year to keep up.

Myth 2: Flu and COVID-19 vaccines can give you the flu or COVID-19



Neither vaccine can cause the illnesses they protect against. Flu and COVID-19 vaccines don't contain live viruses that can make you sick.

If you feel unwell after a shot, it's likely just your body building immunity, which is a good thing. Side effects are usually mild and short-lived

Myth 3: Flu and COVID-19 Vaccines aren't effective.



These vaccines are effective in reducing your risk of getting sick and preventing serious outcomes, like hospitalization or death. Even if you do get the flu or COVID-19, being vaccinated often makes the illness milder.

Myth 4: COVID-19 vaccines were made too quickly to be safe.



COVID-19 vaccines went through all the same safety testing as other vaccines. The speed was due to years of prior research on similar viruses and worldwide collaboration to develop them

Myth 5: Pregnant people shouldn't get flu or COVID-19 vaccines.



Both vaccines are safe and strongly recommended during pregnancy. They protect both the pregnant person and the baby from serious illness.