

# Demystifying the Flu

Dear <Patient Name>,



**Even healthy people can get the flu.**

Protect yourself and your loved ones this season.

## MYTH #1

### Can a flu shot make me sick with flu?

No, absolutely not. Flu vaccines are of two types, one with inactive germs and the other with no germs, called as recombinant vaccines. Several clinical trials approved by CDC on large groups of patients showed that the only illness you get from a flu shot would be redness or soreness at the point of injection.

## MYTH #2

### I'm perfectly healthy. Why do I need a flu shot?

Even healthy people are not immune to flu. Sometimes, healthy folks might spread the disease as carriers without their own body getting affected. Let's see some data



**out of 10 children**  
are not admitted to hospitals  
when given flu shots



**out of 10 adults**  
don't get flu because  
they take flu shots



**Fix an Appointment Now**

With best regards,  
<Physicians Name>



**<Number >**

Call us to schedule an appointment

## MYTH #3

### Why don't I rather get the flu than take a flu shot?

No, Flu can be a deadly disease. It is very severe in asthmatic, diabetic and hypertension patients. Getting a vaccine to boost your immunity is better.



## MYTH #4

### Flu is just a bad cold.

No, Flu is definitely not cold, though it is one of the symptoms.



## MYTH #5

### Antibiotics will make me feel better.

Antibiotics can work on bacteria but flu is caused by viruses so they don't really help.

## MYTH #6

### I took a flu shot so I won't get flu for this year!



Taking a flu shot doesn't make you superhuman. You need to wear your woollens and take care for the cold season to remain healthy.