

Demystifying the **FLU** facts



Dear,

Why suffer through the flu if you can avoid it. There are various prevailing myths about the flu and vaccine. Protect yourself and your loved ones this season.

MYTH #1

Can a flu shot make me sick with flu?

No, absolutely not. 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 #3

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. Flu shot is very effective.



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



out of 10 children
and their babies are healthy when
pregnant moms take flu shots

MYTH #2

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 in this situation.

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.

Regards,

Dr. Brian
Interactive Health Clinic



Get your
FLU SHOT
It's a simple action that can save lives.



Call us to schedule an appointment
<Number >