

flu myth or flu fact?

the truth about the flu

Myth

The flu is just a bad cold.

Fact

The viruses that cause the flu are different from the viruses that cause a cold. In general, flu viruses make you look and feel more sick than cold viruses.

Myth

The flu isn't dangerous if you're young and healthy.

Fact

Most children get better with rest, fluids and time. However, every year, a small number of children die from complications of the flu.

Myth

The flu shot can give you the flu.

Fact

The flu shot doesn't have the live flu virus in it, so it's not possible to get the flu from it. Any mild side effects, like body aches or a sore arm, are signs the shot is doing its job – creating antibodies to the real virus.

Myth

Antibiotics can treat the flu.

Fact

The flu is a viral infection. Antibiotics can only treat bacterial infections. So, antibiotics will not help treat the flu.

Myth

It's too late to get the flu shot.

Fact

The flu shot will protect you whenever you get it! You get the most protection if you get it in September or October, but getting it later still protects you from late-season and second waves of flu.

Myth

The flu shot does not work because you can still get the flu.

Fact

It's true getting a shot may not keep you from getting the flu, but it can significantly reduce how sick you get and your risk of complications.

For more information about the flu, go to [childrens.com/flu](https://www.childrens.com/flu).