

Myths VS Facts

MYTH: The flu is not serious.

FACT: The flu can be very serious and can spread QUICKLY and EASILY! Before you are aware that you are sick, the flu will have already spread to others. PEOPLE DIE! The flu results in 3500 deaths A YEAR as well as 12,200 hospitalizations.

MYTH: If so many other people get their flu shot, I don't need to get it.

FACT: Yes, you do. Relying on others to protect you only works if everyone else gets their flu shot. If everybody takes this mindset, fewer people would be immunized and the risk of others getting sick is drastically increased.

MYTH: The flu shot is not adequately tested for safety.

FACT: Vaccines are safe and effective. Vaccines must prove to be safe and effective at preventing the diseases they target before being released to the public. Once a vaccine is in use, Canadian Health Authorities continue to monitor for side effects. Serious side effects are rare.

MYTH: Natural is better. We shouldn't put foreign substances like vaccines into our bodies.

FACT: Vaccines are made from natural sources. Vaccines are made from live germs that have been modified to not cause illness. Vaccines stimulate our immune system the same way that the infection would, but without making us sick.

MYTH: It will cost me money.

FACT: As a Canadian resident, you are covered to receive the flu shot.

MYTH: The cold is no different than the flu.

FACT:

COLD	FLU
May have fever and chills but no fever	Fever is present
Mild cough and chest discomfort	Severe cough and chest discomfort
Body aches and pains	Severe body aches and pains
Tiredness (still able to do daily activities)	Bedridden due to exhaustion
Mild headache	Severe headache
Sore throat	Sore throat
Stuffy, runny nose, sneezing	Stuffy, runny nose

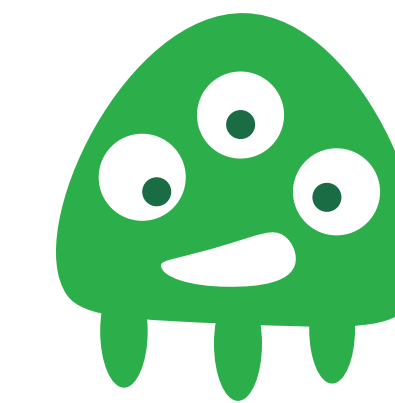


Places You Can Go To Get Your Vaccinations

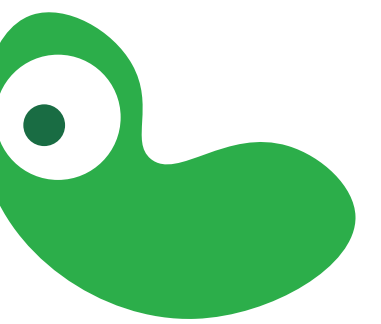
Algonquin College Health Services
room C141
Open 8:30 to 4:45

Rexall Drugstore - College Square
Open 8:00am to 10:00pm

Loblaws - College Square
Open Monday to Friday (8:00am to 9:00pm, Saturday 9:00 to 7:00pm and Sunday 9:00 to 6:00pm)



Your family Doctor



The flu shot does not cause the flu

The flu shot takes 2 weeks to build its defence in the body. It can cause a low-grade fever (this is good - it means the vaccine is building its immunity! You want this!) If flu symptoms occur within the 2 weeks following your vaccination, this is a coincidence.

