

Spread Facts Not the Flu



Getting immunized for flu is an essential part of protecting your health and now more important than ever. Everyone 6 months and older should get immunized for flu, including healthy people and pregnant women.

Isn't Flu Just Like a Bad Cold? No, flu can be worse than a bad cold. Most people recover at home from flu after several days, but every year flu sickens millions of people in the U.S, and causes life-threatening complications that can lead to pneumonia, hospitalization and even death.

Can a Flu Immunization Give You the Flu? No. Flu immunizations are made with killed or weakened virus and can't cause illness. Some people briefly have soreness or swelling where the immunization was given, feel tired or have a slight fever but this is not the flu. These are signs your body is making antibodies (a shield), against the flu.

Are Flu Immunizations Safe? Flu immunizations are very safe and have been given to millions of people in the United States for more than 50 years. Immunizations like any medicine, can have minor side effects, but most people who get the flu immunization have no side effects at all.

Is It Important for Children to Be Immunized for Flu? Yes, children have immune systems that are less mature and are at higher risk for getting flu and severe complications from flu such as pneumonia, which can lead to hospitalization or death.

Is it Too Late to Get Immunized for Flu? No. It is recommended that you get a flu immunization starting in September or October but cases of flu can last until March or April, so it is never too late to get your flu immunization.

Does the Flu Immunization Work? No immunization is 100 percent effective, but the flu immunization will help you stay healthy by providing protection. If you do get the flu, a flu immunization may help make your flu illness less severe and reduce the risk for being hospitalized.

I Got a Flu Immunization Last Year, Do I Need to Get It Again? Yes, the flu virus is always changing and the immunization is updated each year to include new flu viruses. If you were immunized last year for flu or have been sick with flu, the viruses causing the flu this season may be completely different and you need protection against them.

I've Never Had a Flu Immunization and I've Never Been Sick with the Flu. Why Should I Get Vaccinated? Many people will get sick with the flu during their life, including healthy people who get serious flu illness. People with flu who only have mild symptoms can still make other people sick. It's important to get a flu immunization to protect yourself from getting the flu, but also to protect the people around you.

HEALTH IS FOR EVERYONE// To find a low cost or free immunization, contact your doctor or pharmacy, call 2-1-1, or go to [PreventFluLA.com](https://www.preventflu.com)



传播事实，而不是传播流感



接种流感疫苗是保护身体健康的重要组成部分，而选择现在接种比以往任何时候都更为重要。年龄超过6个月的个人都应该接种流感疫苗，包括身体健康的人士和孕妇。

流感不是和重感冒一样吗？ 不，流感比重感冒更严重。大多数人感冒几天后会在家里康复，但每年美国都有数百万人感染流感，引发危及生命的并发症，并可能导致肺炎、住院甚至死亡。

流感疫苗会让你患上流感吗？ 不。流感疫苗是用杀死的或破坏性减弱的不会致病的病毒制成的。这些病毒不会导致患病。有些人在接种疫苗的部位会有短暂的疼痛或肿胀感，并感觉疲倦或轻微发烧，但这并不意味着你患上流感。这些都是你的身体正在产生抗体（保护屏障）来对抗流感的信号。

流感疫苗安全吗？ 流感免疫是非常安全的，50多年来，美国已经有数百万人接种了流感疫苗。流感疫苗就像任何药物一样，可能会有轻微的副作用，但是大多数接种流感疫苗的人完全不会出现任何副作用。

儿童接种流感疫苗很重要吗？ 很重要，儿童的免疫系统还不够完善，且感染流感和肺炎等严重并发症的风险更高，这些并发症可能导致住院或死亡。

现在接种流感疫苗会不会太晚了？ 不会。我们建议你在9月或10月开始接种流感疫苗，但流感病例的出现可能会持续到3月或4月，所以接种流感疫苗永远都不会晚。

流感疫苗有效吗？ 没有一种疫苗是百分之百有效的，但是流感疫苗可以通过提供防护效果来帮助你保持身体健康。如果你患上了流感，流感疫苗可以帮助你减轻流感的严重程度，并降低住院的风险。

我去年接种了流感疫苗，还需要再接种吗？ 流感病毒总是在不断变化，且每年接种的流感疫苗都在不断更新，以应对新型的流感病毒。即使你去年接种过疫苗，或者曾经患过流感，今年引发流感的病毒也可能完全不同，因此你需要预防它们。

我从来没有接种过流感疫苗，也从来没有感染过流感。我为什么要接种疫苗？ 许多人在一生中都会感染流感，包括患严重流感的健康人士。只出现轻微症状的流感患者仍然可以使其他人患病。接种流感疫苗是很重要的，它既可以保护你自己不感染流感，也可以保护你周围的人。

健康对每个人都很重要 // 若你需要获得便宜或免费的疫苗接种服务，请联系你的医生或药店，拨打2-1-1，或登录[PreventFluLA.com](https://www.PreventFluLA.com)。

