

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)



傳播事實，而不是傳播流感



接種流感疫苗是保護身體健康的重要組成部分，而選擇現在接種比以往任何時候都更為重要。年齡超過6個月的個人都應該接種流感疫苗，包括身體健康的人士和孕婦。

流感不是和重感冒一樣嗎？ 不，流感比重感冒更嚴重。大多數人感冒幾天後會在家裡康復，但每年美國都有數百萬人感染流感，引發危及生命的併發症，並可能導致肺炎、住院甚至死亡。

流感疫苗會讓你患上流感嗎？ 不。流感疫苗是用殺死的或破壞性減弱的不會致病的病毒製成的。這些病毒不會導致患病。有些人在接種疫苗的部位會有短暫的疼痛或腫脹感，並感覺疲倦或輕微發燒，但這不意味著你患上流感。這些都是你的身體正在產生抗體（保護屏障）來對抗流感的信號。

流感疫苗安全嗎？ 流感免疫是非常安全的，50多年來，美國已經有數百萬人接種了流感疫苗。流感疫苗就像任何藥物一樣，可能會有輕微的副作用，但是大多數接種流感疫苗的人完全不會出現任何副作用。

兒童接種流感疫苗很重要嗎？ 很重要，兒童的免疫系統還不夠完善，且感染流感和肺炎等嚴重併發症的風險更高，這些併發症可能導致住院或死亡。

現在接種流感疫苗會不會太晚了？ 不會。我們建議你在9月或10月開始接種流感疫苗，但流感病例的出現可能會持續到3月或4月，所以接種流感疫苗永遠都不會晚。

流感疫苗有效嗎？ 沒有一種疫苗是百分之百有效的，但是流感疫苗可以透過提供防護效果來幫助你保持身體健康。如果你患上了流感，流感疫苗可以幫助你減輕流感的嚴重程度，並降低住院的風險。

我去年接種了流感疫苗，還需要再接再種嗎？ 流感病毒總是在不斷變化，且每年接種的流感疫苗都在不斷更新，以應對新型的流感病毒。即使你去年接種過疫苗，或者曾經患過流感，今年引發流感的病毒也可能完全不同，因此你需要預防它們。

我從來沒有接種過流感疫苗，也從來沒有感染過流感。我為什麼要接種疫苗？ 許多人在一生中都會感染流感，包括患嚴重流感的健康人士。只出現輕微症狀的流感患者仍然可以使其他人生病。接種流感疫苗是很重要的，它既可以保護你自己不感染流感，也可以保護你周圍的人。

健康對每個人都很重要 // 若你需要獲得便宜或免費的疫苗接種服務，請聯繫你的醫生或藥店，撥打2-1-1，或登錄PreventFluLA.com。

