**Why should I get a flu shot?**

The Advisory Committee on Immunization Practices (ACIP) recommends annual vaccination against influenza for any adult who wants to reduce the risk for becoming ill with influenza (flu) or of transmitting the flu to others.

### 1. You can’t afford to miss a week or more of classes.

If you become sick with influenza (the flu), you can expect to have a fever for 3-4 days, and chills, headache, and aches and pains for a week. Most people continue to experience a dry cough and fatigue for a couple of weeks after the more serious symptoms pass.

### 2. Influenza can spread rapidly among students living in a residence hall.

Getting vaccinated will lessen your chances of contracting the flu (influenza) and spreading the flu to others on your hall.

### 3. Influenza is not a “24-hour bug” or the common cold – it is a serious disease.

Some people say they have the flu when they are sick with an intestinal illness or a cold for one or two days. That is not THE FLU. The real flu is a serious illness. Some people with the flu (usually those over 65 or with compromised immune systems) experience serious complications, such as pneumonia, which can lead to hospitalization and death.

### 4. The flu vaccine is safe and effective.

- The flu vaccine protects against 3 strains of influenza virus that are predicted by scientists to be the most prevalent strains this year.

- When the flu strains in the vaccine are a good “match” to the circulating strains in a given year, the vaccine can prevent influenza in about 70%-90% of healthy persons younger than age 65 years who are vaccinated.

- Because the viruses in the vaccine are inactivated (killed), **you cannot get the flu from the vaccine.**

- Some side effects that may occur with the vaccine include soreness, redness, or swelling where the shot was given, low grade fever, and aches. The risk of serious complications from the vaccine is extremely small.

Source: Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov)