



# Frequently Asked Questions

## Flu Vaccination

### Will I get the flu from the flu shot or FluMist?

**Flu Shot:** No, flu vaccine is created from inactivated viruses that are not contagious.

**FluMist:** No, unlike the flu shot, the nasal spray flu vaccine does contain live viruses. However, the viruses are attenuated (weakened) and cannot cause flu illness.

### Do I need a flu vaccination every year?

Yes, Influenza viruses change every year. Also, the antibodies a person develops from the vaccine declines over time. The CDC recommends annual vaccinations for everyone, 6 months old and beyond.

### Can a pregnant or breastfeeding woman receive a flu vaccination?

**Flu Shot:** Yes.

**FluMist:** No. This includes women who are planning to become pregnant during the flu season.

### When is the best time to get vaccinated?

**Anytime** between the months of late August – December to offer protection for the entire flu season. In Minnesota flu typically peaks in February and March.

### Will the 2010-2011 seasonal flu vaccine protect me from the Novel Influenza A H1N1 (Swine flu)?

Yes, the H1N1 (Swine flu) strain is now included in the seasonal flu vaccine. There is only one flu vaccination you need this year.

### Why get the flu vaccination?

Keep flu out of your home and worksite.

#### You can't afford to:

- miss work
  - miss school
  - not take care of your family
  - **be sick or spread the flu to family members and co-workers**
- **36,000 people die/year from the flu and flu complications**
  - **200,000 people/year are hospitalized with the flu**
  - **It is the number one vaccine-preventable cause of death of children in the United States!**

### How do I pay for the flu vaccination?

MVNA bills 16 major health/insurance plans or you may pay by cash or check (\$27 for shots/\$32 for FluMist®).