

# FAQS

## **"Do I really need the flu vaccine?"**

*If you're young and healthy, the flu might not seem like a big deal, but getting the flu vaccine also helps protect more vulnerable people around you.*

## **"Last time I got the flu shot, and I still got sick!"**

*The flu virus can't protect you 100% of the time, but it's important to get it to protect yourself. (See the Swiss Cheese Model.) Even if you still get sick, the vaccine can reduce the likelihood of getting worse symptoms.*

## **"Why every year?"**

*Flu viruses change from year to year so it's important to get vaccinated every year to have the best protection.*

## **"Can I get the Covid-19 shot and the flu shot together?"**

*Yes! It's safe to take both at the same time.*

# FOR MORE INFORMATION CHECK OUT:

# THE CENTER FOR DISEASE CONTROL



**With the help of CVS, Free  
Flu Vaccines ages 4+**

**[City Medical Center](#)**

**Non-profit low-cost clinic**

**3920 Braxton Suite 110**

**Houston, TX 77063**

**Phone: 281-853-9924**

**Open Saturdays from 9am-**

**12 pm**

**[www.foundationforbe.org](http://www.foundationforbe.org)**



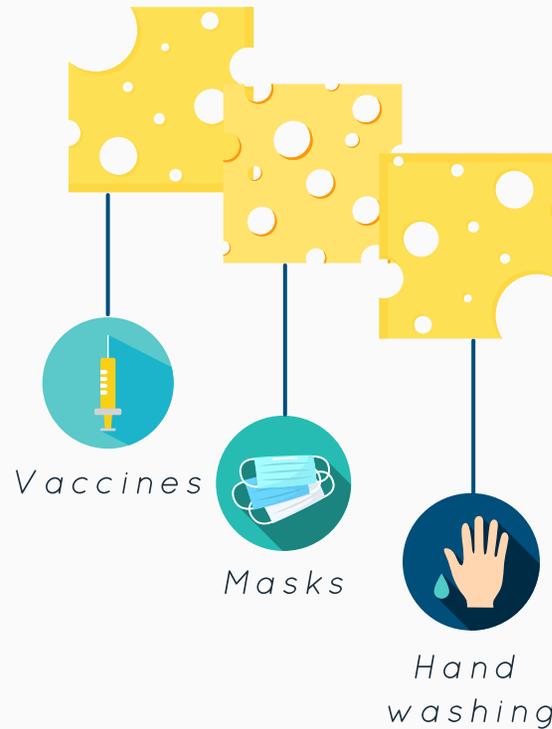
# WHY GET THE FLU VACCINE?

EVERYTHING YOU  
NEED TO KNOW

# WHAT'S A VACCINE?

A vaccine is a way to train your body to fight an infection. The flu shot contains flu viruses that are killed so that your body can learn to fight off the flu without actually suffering from the flu.

# THE SWISS CHEESE MODEL



**Why aren't masks or handwashing enough by themselves?**

Because no one method is 100% effective. Each method has "holes" in it. In order to best protect yourself, you have "layer" different methods like Swiss cheese.

# WHO SHOULD GET THE FLU SHOT?

Anyone 6 months or older can get the flu shot but those who are especially vulnerable:

- anyone 65 years or older
- pregnant people
- people with chronic health problems such as asthma, diabetes, chronic kidney disease and heart problems
- people with a weak immune system

# WHO SHOULD NOT GET THE FLU SHOT?

People who have severe life threatening egg allergies or have had a life-threatening reaction to the flu shot before

