Influenza Vaccines

NORTH YORK TORONTO HEALTH PARTNERS
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MYTH	VS	FACT ✔
The influenza vaccine can cause influenza.		False. The influenza vaccine is made from inactivated (killed) viruses that cannot give you the influenza. The influenza vaccine is safe and effective.
There is a 2-in-1 vaccine that protects against both influenza and COVID-19.		False. There is no vaccine that protects against both influenza and COVID-19 in the same vaccine. However, you can receive your COVID-19 vaccine and your influenza vaccine in the same visit, one in each arm.
The influenza vaccine doesn't work.		New strains of the influenza virus circulate every year. Recommended vaccines for influenza typically match the current annual strains, but sometimes they are not all captured. However, influenza vaccines still lower your risk of catching influenza and experiencing severe complications.
It's better to get influenza than to get vaccinated.		False. Influenza can lead to serious complications such as pneumonia and hospitalization. It can be especially serious for higher-risk groups such as pregnant persons, children and those with multiple medical problems. Getting immunized is the best way to protect yourself against influenza.
The influenza vaccine can cause serious side effects.		Serious side effects from the influenza vaccine are extremely rare. The vaccine is very safe and the best way to protect yourself against influenza .
You can't get the influenza vaccine if you are breastfeeding.		The influenza vaccine is safe for breastfeeding persons.
You can't get the influenza vaccine if you are pregnant.		The influenza vaccine is safe for pregnant persons. The vaccine also helps protect your baby.
Influenza isn't a serious illness.		The influenza is a serious illness that can lead to severe complications such as pneumonia. Together, influenza and pneumonia were the 8th leading cause of death in Canada in 2020.

Scan the QR code for video resources on influenza and vaccine safety with subtitles in multiple languages available.