

# Plain Language: The Flu Shot



## What is the flu shot?

The flu shot is a vaccine that helps your body defend itself against viruses. Vaccines help your body protect against certain viruses and diseases. Flu shots contain the same germs that cause the flu, but the germs are very weak so they don't make you sick. Flu shots help you not get the flu and help protect others near you not get the flu.



## Why is it important to get the flu shot?

Flu is an illness that passes from one person to another. You could get it easily if you do not get a flu shot. Some people who have the flu will only get a little sick, but other people who have the flu may feel very sick and need to get medical help in a hospital. Getting a flu shot can help you from getting very sick from the flu, and even help stop you from getting the flu. When you get a flu shot you are protecting yourself and others because you are less likely to pass the flu virus to someone else.



## Who should get the flu shot?

It is important that all people with disabilities, their families, and people who work with people with disabilities get their flu shot to protect themselves and the people near them.

- 6 months and older
- pregnant women
- people with disabilities
- people with medical conditions like asthma or diabetes
- the elderly



## Where can I get the flu shot?

- doctor's offices
- health departments
- urgent care clinics
- schools and businesses
- pharmacies

You can use [vaccines.gov](https://www.vaccines.gov) to find where to get a flu shot near you.



## How will I get the flu shot?

The flu shot is usually given with needle in your arm but could also be a nose spray.



## When should you get the flu shot?

Flu season is usually between October to May. The flu shot is available and important to get at any time in the flu season.

Adapted from the Association of University Centers on Disabilities (AUCD)

## Flu Shot Facts

### 1. The flu shot is safe to get.

The flu shot and other vaccines are safe to get. All vaccines have to be approved by the Food and Drug Administration (FDA) before they are made available. The flu vaccine has one of the best safety records of any vaccine.

### 2. The flu shot cannot give you the flu.

The flu shot contains very weak flu germs that cannot cause you to become sick. You may feel a little sick right after you get the vaccine, but that is a sign that your body's immune system is working.

### 3. The flu shot does not cause Autism.

There is no evidence that any vaccine, including the flu vaccine, causes Autism

Spectrum Disorder or is related to Autism Spectrum Disorder. Learn more about this harmful myth on the CDC website.

### 4. Vaccines like the flu shot help you stay healthy.

Keeping clean, drinking clean water, and eating healthy food will help you stay healthy. However, research shows that vaccines are better at protecting yourself and others.

### 5. You need to get the flu shot every year.

To protect yourself and others from the flu, you must get the flu shot every year. Different types of flu vaccines are in the shots every year to protect against flu viruses most common that year.



## Action Steps

- Get your flu shot today! To find out where you can get your flu shot, go to: <https://vaccinefinder.org/find-vaccine>
- To learn more about how to protect yourself from the flu, go to: <https://www.cdc.gov/flu/prevent/keyfacts.htm>
- To access resources or for more information on the Vaccine Education Initiative (VEI), go to: [AutismSociety.org/VEI](https://AutismSociety.org/VEI)

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