
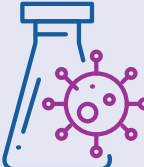




Flu Myths are Dangerous

Myths and misconceptions make it easy to underestimate the real risks of the flu. The more you know, the better you can protect yourself and others.

MYTH	— VS —	TRUTH
It's just the flu. I'll feel better in a few days.		The flu can cause serious illness, hospitalization, and death.
I've had the flu before and was fine. I can handle it.		The flu virus mutates and evolves every year — that's why yearly vaccines matter.
Herd immunity will protect me.		Natural infection comes with real risks. Vaccines are proven to be the safer path.
Vaccine side effects are scarier than the flu.		Mild side effects are normal — and far less dangerous than the flu itself.

Flu Truths You Can't Ignore



Amiah Houseman
Amiah was just 4 years old when she died from complications of influenza B—a tragedy her mother believes could have been prevented with a flu vaccine.



Latasha Haynes
Latasha was a healthy, active 34-year-old when what seemed like a simple illness turned into pneumonia and congestive heart failure.



Shari Hall
was a healthy mom and wife whose flu illness led to 41 days in the ICU and multiple amputations.



Leon Sidari
Four-year-old Leon, a healthy and joyful child, died suddenly from complications of influenza A on Christmas morning—only two days after first showing flu symptoms.

Vaccines are safe and effective!
All respiratory viruses - including flu, RSV, COVID, and pneumonia - can be deadly, but can be prevented.



For more information or to read more of our family stories, please visit:
www.familiesfightingflu.org

