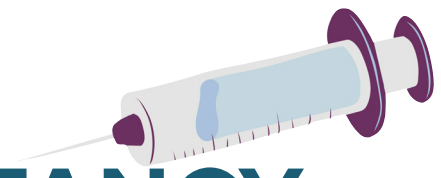


TALKING ABOUT

# FLU SHOT HESITANCY



There's a lot of confusing information available on the internet and it can be hard to know what's true. Here's some DO's and DON'Ts of talking to a loved one who may be hesitant to get their flu shot.

## DON'T SPAM

them with facts and statistics.

## DO ANSWER

their specific questions without using complicated scientific language.

## DON'T DISMISS

their concerns or shame them.

## DO LISTEN

and acknowledge their concerns.

## DON'T OVERSELL

the safety of the flu shot.

## DO SHARE

that flu shots have been thoroughly tested and continue to be monitored for safety.

## FAST FLU FACTS TO SHARE

People who get the flu are also up to 6 times more likely to have a heart attack in the weeks after the flu!

The flu shot is cheap, \$0-\$40 compared to the treatment, \$100 for antivirals and all the way to \$16,000+ for hospitalization.

In the 2018-2019 flu season the flu shot helped prevent ~4.4 million flu illnesses and ~3,500 flu deaths.

The flu shot protects more than just you, it protects your friends and family too.