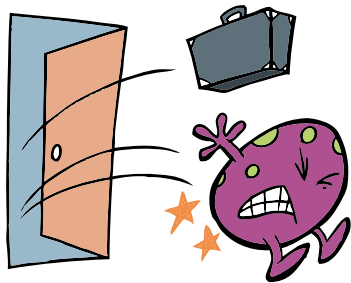


**5 The flu shot doesn't work.**

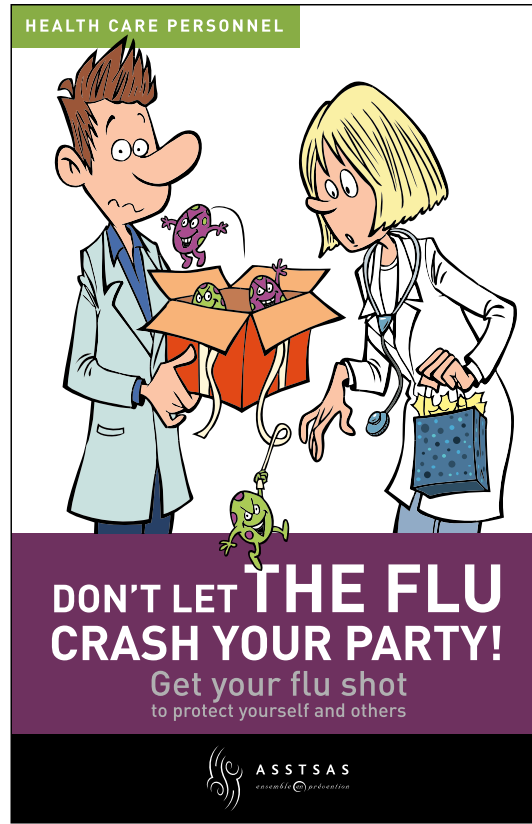
**FALSE.** Vaccination is the most reliable way to slow the spread of flu. Like any vaccine, the flu shot can't provide 100% protection to vulnerable people. However, by developing effective vaccines against the most common virus strains, we can keep 70 to 90% of healthy children and adults from getting sick.

**6 Vaccines are bad - they deplete the immune system.**

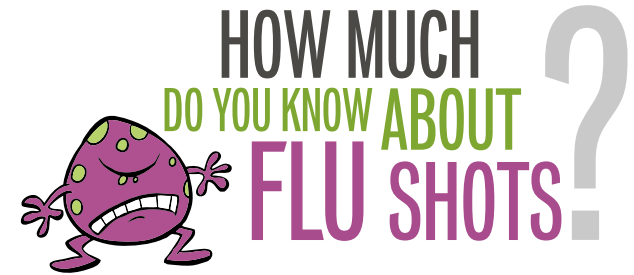
**FALSE.** Your body comes in contact with millions of germs every day and your immune system works around the clock to protect you. It will have no trouble handling the small number of antigens found in vaccines.



FOR MORE INFORMATION, CONSULT YOUR OCCUPATIONAL HEALTH DEPARTMENT.



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**Test yourself!**

	TRUE	FALSE
1 Flu is not a serious disease.		
2 The flu shot made me sick.		
3 I was vaccinated last year, so I'm still protected this year.		
4 I never get sick, so I don't need to be vaccinated.		
5 The flu shot doesn't work.		
6 Vaccines are bad - they deplete the immune system.		



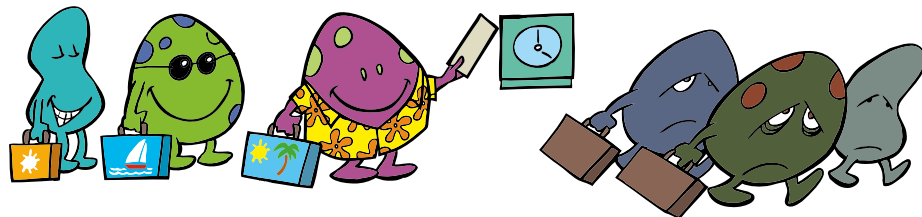


### 1 Flu is not a serious disease.

**FALSE.** The flu virus is extremely contagious and infects millions of Canadians each year. People at risk, especially young children, seniors, and people suffering from chronic diseases, face the most serious flu complications, like pneumonia. An annual flu shot is the safest and most effective way to prevent the infection, reduce the seriousness of your symptoms if you do come down with the flu, and avoid spreading the virus to other people.

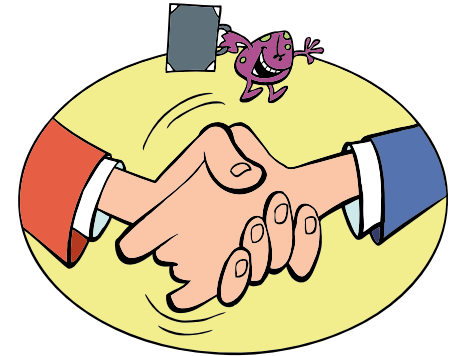
### 2 The flu shot made me sick.

**FALSE.** The vaccine is made up of inactive fragments of the most common flu viruses. It cannot cause flu, because it does not contain any live viruses.



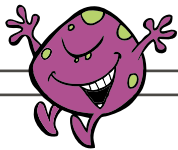
### 3 I was vaccinated last year, so I'm still protected this year.

**FALSE.** It's important to be vaccinated each fall so that your body can produce the right antibodies to fight off the current strains of flu. The virus is always mutating, so the composition of the vaccine has to be changed each year.



### 4 I never get sick, so I don't need to be vaccinated.

**FALSE.** You may not be at risk, thanks to your healthy immune system, but you can still spread the virus to your family, friends, patients and coworkers. Having a flu shot will reduce your symptoms if you do get sick and also keep you from infecting some of the more vulnerable people around you.



NAME: .....

SERVICE: .....

TELEPHONE: .....