Seasonal Flu Frequently Asked Questions

Presented by the Student Health and Wellness Center

1. Can I get the flu from a flu vaccine?
A. No, flu vaccines cannot cause flu illness because the viruses are either killed or weakened and therefore cannot cause an infection.

2. If I got a flu vaccine last year, am I still protected this flu season?
A. Each year, the viruses in the vaccine are changed based on worldwide trends of the influenza virus, so you want to get a shot each year. The 2010 seasonal flu shot will also contain the 2009 H1N1 virus so you will want to be vaccinated against that virus as well. Flu shots will be available at the Student Health and Wellness Center on October 4 for students and October 18 for faculty and staff.

3. If I wash my hands often, do I still need a flu shot?
A. You do still need a shot because that is the first and most important step in protecting against the flu. However, washing your hands often and covering your cough can help stop the spread of germs and infections like influenza.

4. How is influenza mainly spread?
A. The flu virus is usually spread through bodily fluids from coughing and sneezing.

5. Compared to the 2009 H1N1 virus, is the seasonal flu a serious threat to people?
A. Every year, flu causes related hospitalizations and even deaths, just at different levels of severity.

6. If I have the flu, what is the best treatment?
A. Always stay home when ill and limit contact with other people to prevent infecting them as well. Also take antiviral drugs, if your doctor prescribes them to you.

More information available about flu and other health related information at healthcenter.unt.edu