



MEETING ICEBREAKERS



Flu Myth Busters

Getting a flu shot is the best way to protect yourself and others from the flu.

A flu shot helps prevent you from becoming infected and spreading flu to family and friends — especially those at high risk for serious illness. If you do get sick, your symptoms may be milder.



PURPOSE:

Test your flu IQ



DIRECTIONS:

Ask one person to read each of the following statements. As a team, decide whether each statement is a myth or a fact. Then, read on to find out why.



TIMING:

10 – 15 minutes

FACT or MYTH? The flu shot will give me the flu and make me sick.

MYTH: Flu shots are made from inactive flu viruses that can't give you the flu. You may experience a minor reaction like body aches, fatigue, mild fever and/or soreness where the shot was given. This is because your body's building its defenses so it can recognize the virus. Side effects usually go away in 1 to 2 days.

FACT or MYTH? The flu is not that serious.

MYTH: The flu is contagious and can lead to severe illness, even in healthy children and adults. According to the [CDC](#), the number of U.S. flu-related deaths is estimated to have ranged from 3,000 to 49,000 per season.

FACT or MYTH? Everyone 6 months and older should get the flu shot.

FACT: Everyone 6 months of age or older should get the flu vaccine every year. Even healthy children and adults can get sick from the flu.

Flu shots are especially important for individuals who may be at higher risk for serious illness or complications, including those who are from

communities of color, older (65+), pregnant or have chronic health conditions such as asthma, diabetes, or kidney, heart or lung disease.

FACT or MYTH? Only flu shots given at Kaiser Permanente count toward our market's member flu vaccination rate.

MYTH: All records of KP members receiving flu vaccines via Kaiser Permanente, outside pharmacy or medical claims, Care Everywhere Data or are patient reported count toward the flu vaccination goal for the Coalition Performance Sharing Program.

Record Each Flu Shot

Anyone who gets a flu shot outside of Kaiser Permanente should update their medical record. It's easy! Log on to the Kaiser Permanente website or mobile app and follow these steps:

1. Click "Records."
2. Under "Frequently Used Records," click "Questionnaires."
3. Look for the questionnaire about the influenza (flu) vaccine.

