



BUILDING VACCINE CONFIDENCE

What to say to hesitant patients about the flu shot

It's not uncommon for patients to be hesitant about the flu shot. However, surveys show that **you are a trusted resource for them when it comes to vaccine advice.**Try using the talking points below to help respond to their concerns.



"I'm really busy and never have time for it."

We can give it to you today if you want, or you can get it during a trip to your local pharmacy.





"I'm not worried about the flu because it wasn't bad last year."

Each flu season is different, so this year may not be as mild. A flu shot is still the best way to prepare.





"I don't think the flu shot even works."

No vaccine is 100% effective, but in recent years the flu shot has helped prevent around 7.5 million illnesses.





"The face mask I wear for COVID-19 will protect me from the flu."

Wearing a mask may help slow the spread of COVID-19 and the flu, but the best defense for both viruses is vaccination.





"I don't trust what's in the flu vaccine."

All flu shot ingredients are safe and effective and have been approved by the U.S. Food & Drug Administration.





"I can't take time off work to get the shot — or if the shot makes me sick."

Unfortunately, getting the flu would cause you to miss work, too. The shot would only take a few extra minutes today, and the most common side effect is a temporary sore arm.





"I never get sick because I have a healthy diet and exercise regularly."

That's great! However, you could still pass the flu on to high-risk individuals. Your flu shot helps protect them.





"Isn't it dangerous to get the flu shot at the same time as the COVID-19 vaccine?"

It's safe to get both vaccines in one visit. In fact, the research shows the flu shot can be given along with the COVID-19 vaccine, or even alongside childhood vaccines.



Visit the Centers for Disease Control and Prevention website, cdc.gov, for the most up-to-date information on the COVID-19 vaccines and the flu shot.

Source: Centers for Disease Control and Prevention, cdc.gov.

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