

# CAN a flu shot give me the flu?

**No.** Some people get minor body aches, a headache, or a low-grade fever, but this is NOT the flu. Most people have none of these symptoms. There is no live virus in the flu shot so you cannot get the flu from a flu shot.

Almost all people who get a flu shot have no serious problems from it.

**GETTING A FLU SHOT  
IS THE BEST WAY  
TO PROTECT YOURSELF  
AGAINST SEASONAL FLU.**

GET YOUR FLU SHOT HERE:



[www.publichealth.va.gov/InfectionDontPassItOn](http://www.publichealth.va.gov/InfectionDontPassItOn)

 Department of  
Veterans Affairs