

## Flu Vaccine Myths & Facts

### **Myth**

"The flu isn't a serious disease."

### **FACT**

Influenza (flu) is a serious disease of the nose, throat, and lungs, that can lead to pneumonia. Each year about 200,000 people in the U.S. are hospitalized and about 36,000 people die because of the flu. Most people who die due to flu complications are 65 years and older. But small children less than 2 years old are also at risk of being hospitalized because of the flu.

### **Myth**

"You must get the flu vaccine before December."

### **FACT**

The best time to get a Flu shot is October or November. But you can get vaccinated in December or later. For more information, ask your healthcare provider.

### **Myth**

"The flu shot does not work."

### **FACT**

Most of the time the flu shot will prevent the flu. In scientific studies, the effectiveness of the flu shot has ranged from 70% to 90% when there is a good match between circulating viruses and those in the vaccine. Getting the Flu shot is your best protection against this disease.

**To Get A Flu Shot  
Visit Our HCPHES  
Health Clinics!**

**Antoine Health Clinic  
5815 Antoine, Suite A  
Houston, TX 77091  
Tel. 713-602-3300**

**Baytown Health Clinic  
1000 Lee Dr.  
Baytown, TX 77520  
Tel. 281-427-5195**

**Humble Health Clinic  
1730 Humble Place Dr.  
Humble, TX 77338  
Tel. 281-446-4222**

**LaPorte Health Clinic  
1009 S. Broadway  
LaPorte, TX 77571  
Tel. 281-471-4202**

**Southeast Health Clinic  
3737 Red Bluff  
Pasadena, TX 77502  
Tel. 713-740-5000**



**Protect  
Your Child  
Against  
The Flu**



Harris County

**HCPHES**

Public Health & Environmental Services

[www.hcpbes.org](http://www.hcpbes.org)

## What is the flu (influenza)?



The flu is a highly contagious disease that is caused by the influenza virus which infects the respiratory tract (nose, throat and lungs). Unlike many other viral infections, such as the common cold, the flu can cause severe illness and life-threatening complications in many people.

## How does it spread?

The flu spreads easily from one person to another. When an infected person coughs or sneezes, tiny droplets containing the flu virus are released into the air. When you inhale these droplets you can become infected with the flu (this is also known as "droplet spread"). A person can also catch the flu by touching an object that has infected droplets on it and then touching their own nose or mouth before washing their hands.

## Who should get the flu shot?

- ◆ Children 6-59 months of age
- ◆ Children with high risk conditions & chronic diseases such as asthma, immune suppression, diabetes and sickle cell anemia among others
- ◆ Adults 50 years of age and older
- ◆ Adults with high risk conditions such as diabetes
- ◆ Health-care workers
- ◆ Adults that take care of children, such as daycare workers and teachers

## What can I do to protect my child against the flu?

- ◆ Take your child to get a flu shot
- ◆ Encourage your child's daycare provider or teacher to get a flu shot
- ◆ Encourage family members and friends to get a flu shot
- ◆ Get a flu shot yourself



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**Public Health & Environmental Services**

Clinical Health & Prevention Services

HEALTH CLINIC HOURS OF OPERATION

	ANTOINE	BAYTOWN	HUMBLE	LA PORTE	SOUTHEAST
Monday	7:30 am – 5:30 pm	7 am – 7 pm	7:30 am – 7 pm	7:30 am – 7 pm	8 am – 5 pm
Tuesday	7:30 am – 7 pm	7:30 am – 5:30 pm	7:30 am – 7 pm	7:30 am – 6 pm	8 am – 5 pm
Wednesday	7:30 am – 6 pm Dental: 8 am – 6 pm	7 am – 7 pm	7:30 am – 5:30 pm	7:30 am – 7 pm	8 am – 5 pm
Thursday	7:30 am – 5:30 pm	7:30 am – 5:30 pm	7:30 am – 5:30 pm	7:30 am – 5 pm	8 am – 5 pm
Friday	7:30 am – 5 pm	8 am – 12 Noon (Afternoon Closed)	7:30 am – 1 pm (Afternoon Closed)	7:30 am – 12 Noon (Afternoon Closed)	8 am – 4 pm
	ANTOINE HEALTH CENTER 5815 Antoine, Suite A Houston, Texas 77091 713-602-3300	BAYTOWN HEALTH CENTER 1000 Lee Drive Baytown, Texas 77520 281-427-5195	HUMBLE HEALTH CENTER 1730 Humble Place Humble, Texas 77338 281-446-4222	LA PORTE HEALTH CENTER 1009 Broadway La Porte, Texas 77571 281-471-4202	SOUTHEAST HEALTH CENTER 3737 Red Bluff Pasadena, Texas 77502 713-740-5000