



LEARN ABOUT KEEPING YOURSELF SAFE!

# FLU SHOT TRIVIA

Finish this trivia about preventative care and you can join the raffle to win a **Pro-Fit Smart Watch!**

Return answers to [samantha.simpson@evernorth.com](mailto:samantha.simpson@evernorth.com) by **Thursday, September 30th.**

# FACT OR FICTION?

Circle or **bold best** answer

1. You **can** get the flu from the flu shot.

True

False

2. You have to be **near** someone to get the flu.

True

False

3. Getting the flu vaccination is **all** you need to do to protect yourself from the flu.

True

False

4. Flu vaccine is needed **every** year.

True

False

5. You **don't** need to get a flu shot every year.

True

False

6. Flu vaccine works **immediately**.

True

False

7. It is **better** to get sick with flu than to get a flu vaccine.

True

False

8. What are the **benefits** of the flu vaccine?
- Can keep you from getting sick from the flu.
  - Preventive tool for people with chronic health conditions.
  - Protection within the community.
  - All of the above.
9. What group of individuals is the vaccine **NOT** safe for?
- children over the age of 6 months.
  - people who have had a severe reaction to the flu vaccine or any of its ingredients.
  - those with egg or mercury allergies.
  - those with Guillain-Barré syndrome (GBS).
10. How **long** does it take after vaccination for antibodies to develop in the body and provide protection against flu?
- 2 months
  - 6 weeks
  - 6 months
  - 2 weeks
11. Do you **plan** to get the flu vaccine this year?
- Yes
  - No

# RESOURCES

**CDC** - <http://cdc.gov/flu/index.htm>

**WebMD** - <http://www.webmd.com/cold-and-flu/rm-quiz-flu-myths>

**Vanderbilt Health at  
MNPS Employee & Family Health Care Centers**

