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Many people have fears or misconceptions about the flu vaccine. Talk to your patients about the importance of getting an annual flu vaccine.

- Recommend the flu shot to your patients. Research shows that when providers recommend flu vaccines to their patients, the number of people who get the vaccine increases. Vaccines are especially important for individuals age 65 and older who are at high risk for serious health issues and those with pre-existing conditions.
- Reassure your patients. Many people worry they'll get sick from the vaccine. Reassure them that while there can be some side effects, the flu vaccine will not cause the flu.
- Remind patients of additional preventive actions that can help slow the spread of germs including:
 - Avoiding close contact with sick people.
 - Staying home for at least 24 hours after a fever is gone except when going out to get medical care or important necessities.
 - Covering noses and mouths with a tissue when coughing or sneezing.
 - Washing hands with soap and water for at least 20 seconds.
 - Avoiding touching eyes, noses and mouths.
 - Cleaning and disinfecting surfaces and objects that may be contaminated with germs.