What's true about the flu?

**False** A flu shot will give me the flu.
**True** The flu shot is created from dead or inactive viruses that are non-infectious and cannot cause the flu.¹

**False** I am healthy, so I don’t need a flu shot.
**True** Even if you are healthy, you can still catch the flu and may infect loved ones, those who are vulnerable or “high-risk.”

**False** I don’t need to get a flu shot every year.
**True** A person’s immune protection from vaccination declines over time. An annual flu shot is needed for the best protection.¹

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**Flu Shot Clinic**

**Date:** October 1st and 2nd; October 10th

**Time:** 9:00am to 4:30pm

**Location:**
- 10/1 & 10/2 - EUC Alexander Room;
- 10/10 - Campus Supply Training Room

Remember to bring your photo I.D. and BCBSNC insurance card.

Some Blue Cross and Blue Shield of North Carolina (BCBSNC) members are eligible to receive a flu shot at no additional cost. Check your preventive care benefits to see if you qualify under your plan.

¹ Source: [Centers for Disease Control and Prevention](https://www.cdc.gov)