

# BUILDING VACCINE CONFIDENCE



## What to say to hesitant patients about the flu shot

It's not uncommon for patients to be hesitant about the flu shot. However, surveys show that **you are a trusted resource for them when it comes to vaccine advice.** Try using the talking points below to help respond to their concerns.

  
**"I'm really busy and never have time for it."**

We can give it to you today if you want, or you can get it during a trip to your local pharmacy.



  
**"I'm not worried about the flu because it wasn't bad last year."**

Each flu season is different, so this year may not be as mild. A flu shot is still the best way to prepare.



  
**"I don't think the flu shot even works."**

No vaccine is 100% effective, but in recent years the flu shot has helped prevent around 7.5 million illnesses.



  
**"The face mask I wear for COVID-19 will protect me from the flu."**

Wearing a mask may help slow the spread of COVID-19 and the flu, but the best defense for both viruses is vaccination.



  
**"I don't trust what's in the flu vaccine."**

All flu shot ingredients are safe and effective and have been approved by the U.S. Food & Drug Administration.



  
**"I can't take time off work to get the shot – or if the shot makes me sick."**

Unfortunately, getting the flu would cause you to miss work, too. The shot would only take a few extra minutes today, and the most common side effect is a temporary sore arm.



  
**"I never get sick because I have a healthy diet and exercise regularly."**

That's great! However, you could still pass the flu on to high-risk individuals. Your flu shot helps protect them.



  
**"Isn't it dangerous to get the flu shot at the same time as the COVID-19 vaccine?"**

It's safe to get both vaccines in one visit. In fact, the research shows the flu shot can be given along with the COVID-19 vaccine, or even alongside childhood vaccines.



Visit the Centers for Disease Control and Prevention website, [cdc.gov](https://www.cdc.gov), for the most up-to-date information on the COVID-19 vaccines and the flu shot.