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Unless you work in health care or work in such places as nursing homes or day care centers, no one will tell you that you have to get a flu shot. And unlike wearing a mask, no one will know if you got a flu shot or not. This one is your call.

Infectious disease physicians and public health authorities know that when it comes to getting the annual flu shot not everyone can be convinced. There is a well-established lack of trust about vaccines. The COVID-19 vaccine publicity has made matters worse as some suspect a vaccine might become available before it is proven safe. In fact, there is misinformation on social media about vaccines in general.

Because the flu vaccine is given around the time many upper respiratory diseases are prevalent, one is likely to believe they got the flu from the flu vaccine, but that's not what happens. The flu vaccine is an inactivated piece of the virus and there is no logical explanation f

