
fact or fiction?

the truth about the flu

Keep your family healthy this year by knowing the facts when it comes to the flu.
For more information about the flu, go to [childrens.com/flu](https://www.childrens.com/flu).

MYTH

Kids catch colds when they don't wear socks.



TRUTH

There is little, if any, scientific or medical evidence to suggest this is true. Nonetheless, having cold feet or being exposed to cold weather in general does not cause illness, it is exposure to viruses that cause flu and other illness.

MYTH

Put your child in a cold bath to reduce fever.



TRUTH

This will constrict blood vessels in the skin, which can increase the core temperature. A wet washcloth applied to the forehead is safer and will make the child feel more comfortable.

MYTH

The flu shot will give your child the flu.



TRUTH

The injectable flu vaccine is an inactivated (killed) virus so a child won't get the flu after a shot.

MYTH

It's too late in the season for the flu shot.



TRUTH

There is still time for children (and adults) to get vaccinated. It is the best protection against the flu.