

# MYTH or FACT: Debunking Flu Misconceptions

**Myth:** Influenza shot is NOT required every year.

**FACT:** The influenza virus undergoes frequent genetic changes (mutations), resulting in new circulating strains each year. Because of these changes, the flu vaccine is updated annually to provide protection against the most prevalent and anticipated strains.

Therefore, yearly vaccination is recommended to maintain optimal immunity and reduce the risk of influenza infection and its complications.

