Should You Get A Flu Shot? Take The Quiz And Make Up Your Mind

Categories : Health/Fitness

As the Survival Doctor says in the post below - it seems that every year we are warned that this is going to be the most terrible year for the flu, the year 100s of thousands will die etc, etc.

Usually the experts predicting the flu epidemics get it wrong and for most of us, life carries on as normal. The thing is, every winter there IS a chance the experts will be correct and we will get hit hard...

The question that you need to answer is - is it worth getting a flu shot each year? What are the benefits and downsides to getting or not getting a flu shot each year?

If this is something you have been considering, head over to the Survival Doctor website, check out the post and then take the flu shot quiz to help you make up your mind.

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(image from: the Survival Doctor)