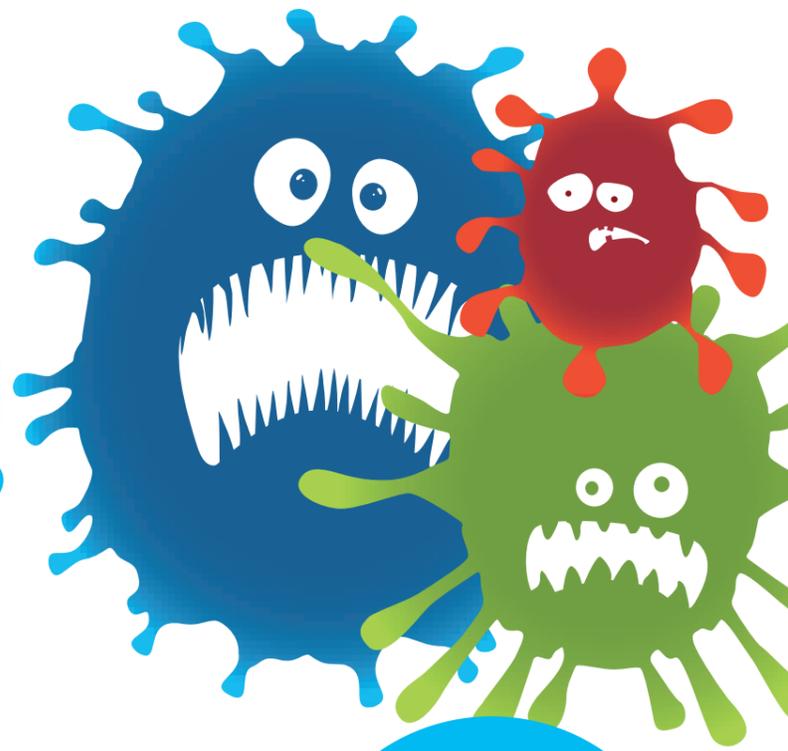


Be a **flu**fighter
Protect yourself
and your family
this winter

MythBusters!



MYTH:
The Flu vaccine can give you the flu!

FACT:
The Flu vaccine cannot give you the flu!



It is impossible to get flu from having the flu jab because the vaccine doesn't contain live viruses. A very small number of people experience side effects such as aching muscles, but this is simply the immune system responding to the vaccine.

MYTH:
Pregnant women cannot be vaccinated

FACT:
Of course pregnant women can be vaccinated!



Pregnant women can have the flu vaccination at any stage of their pregnancy. Having the vaccination when pregnant is beneficial and helps protect baby from flu over the first few months of life.

MYTH:
Vaccination doesn't really work

FACT:
Vaccination works!



Research shows that the seasonal flu vaccine generally gives 60-80 per cent protection against infection. No vaccine can claim to be 100% effective but having the flu jab will give you greater protection against this potentially life threatening infection.

MYTH:
You cannot die from the flu!

FACT:
The Flu can kill you!



For the majority of normally healthy people who catch the flu it is generally unpleasant but unlikely to cause serious complications. However for those with an existing health condition, and others in the 'at risk' groups, it can lead to chest infections, severe complications and even death. Around 4,700 people in England die from the flu every year.

MYTH:
A healthy diet can prevent the flu

FACT:
Healthy diets won't prevent the flu!



Your diet could well be helping to boost your immune system, but eating well will not protect you from flu. The best way to protect yourself, family and patients against flu is by getting the flu jab.

MYTH:
Not everyone can get the flu

FACT:
Everybody is susceptible to the flu



One of the most common reasons for not getting vaccinated is "I've never had flu before". There's no such thing as natural immunity to the flu; with new strains circulating this year, it's best to get vaccinated against flu.

MYTH:
The vaccine gets more dangerous every year!

FACT:
The flu vaccine is one of the safest in the world!



Seasonal flu vaccine is given to millions of people in the UK each year. The specific strains of flu that are included may change from one year to the next but vaccines are still thoroughly tested and are safe.

MYTH:
Washing your hands prevents the flu!

FACT:
Hand-washing is very important, but it won't stop flu



It is vital to follow universal infection prevention procedures and wash your hands, but once flu has been passed on to your family, colleagues or your patients, clean hands won't keep flu at bay. Book your flu jab as soon as possible, and encourage those around you to do the same.

MYTH:
You only need the vaccine once!

FACT:
You need the vaccine every year



If you were vaccinated last year you helped to fight the flu. Please do the same again this year. Last year's vaccine won't protect you against the new strains of flu circulating this year.