

FLU FACTS VS FLU FICTION



FICTION



The flu jab gives you flu



The vaccine does not work, I still got flu



The vaccine is not safe



A healthy diet and Vitamin C will prevent flu



I've never had flu so I'm not likely to get it



I'm not in an at-risk group



FACT



The flu jab cannot give you flu as it doesn't contain any live viruses



Over the last ten years, the vaccine has provided good coverage against flu and it is still the best way to fight flu this winter



The vaccine is well tested and has an excellent safety record



Flu is a virus and can affect anyone, no matter how good your immune system is



The flu virus mutates so you need to be vaccinated yearly for protection



Anyone can get flu and pass it on to vulnerable groups - even with no symptoms

**Protect yourself, your family, colleagues and patients
- be a flu fighter, get your flu jab**