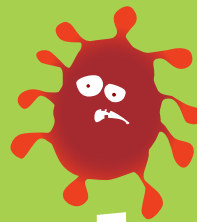
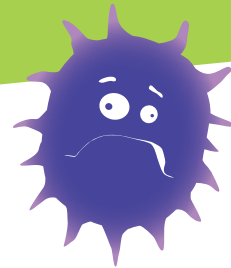
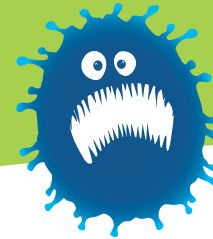


# HOW TO FIGHT FLU THIS WINTER!



**NHS**



## 1 GET YOUR VACCINE

Having your flu jab protects yourself, your family, colleagues and patients. It's a serious illness that can result in death. The vaccine is typically up to 70% effective, depending on the strains of flu circulating each year. So be a flu champion and have the jab.

## 2 WASH YOUR HANDS

As well as getting your jab, you can help reduce the spread of flu by regularly washing your hands, particularly after sneezing or coughing. You can pass flu on without having any symptoms, so wash your hands regularly.

## 3 STAY AWAY

If you have flu, stay away from work until you are better. The virus is highly infectious and outbreaks can happen quickly. So do everyone a favour and don't add to the spread of flu.

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



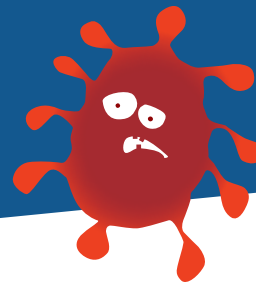
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# FLU FACTS VS FLU FICTION

NHS



## FICTION

The flu jab gives you flu.

## FACT

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

## FICTION

A healthy diet and vitamin C will prevent flu.

## FACT

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

## FICTION

The vaccine does not work, I still got flu!

## FACT

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.

## FICTION

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

## FACT

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

## FICTION

The vaccine is not safe.

## FACT

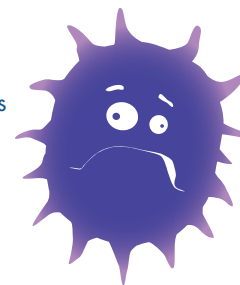
The vaccine is well-tested and has an excellent safety record.

## FICTION

I'm not in an at-risk group.

## FACT

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.**



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