FLU FACTS VS FLU FICTION

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
The vaccine is not safe.

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

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
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.