

FLU ~~MYTHS~~ FACTS

There's more truth in the legend about the **Devil's Chair** at the Stiperstones than there is in the myths about flu vaccines! These myths are as infectious as flu itself. Please help us to dispel these myths!

MYTH I won't get flu because I am healthy and fit

FACT Anyone and everyone can pick up the flu virus — healthy people included! And one can pass flu on to those who are at risk of developing serious illness.

MYTH The flu jab isn't safe

FACT The flu jab is very safe. It may cause some soreness at the site of the injection and, less often, mild fever and muscle aches for 1-2 days, but it doesn't give you the flu.

MYTH I've had the flu jab last year so I don't need it again

FACT The viruses that cause flu can change every year, so you need a jab each year that matches the new viruses. The vaccine is usually effective for the duration of the flu season that year.

MYTH The flu jab doesn't work

FACT Flu vaccines are 60-80% effective in healthy adults, when there is a good match between the vaccine and the flu virus in circulation. In recent years there has been a good match between the vaccine and the circulating strains of flu virus.

MYTH The flu jab can give you the flu

FACT You can't get flu from the flu jab because it doesn't contain live virus.

MYTH I can't have the jab because I'm pregnant and it will affect my baby

FACT If you're pregnant, you could get very ill if you get flu. This could also be bad for your baby. The flu jab is the best way to protect you and your unborn child from getting flu. You can get vaccinated safely during any stage of pregnancy. The flu jab during pregnancy can also help in protecting your child from catching flu over the first few months of life.

Material adapted from

NHS Choices, NHS Employers and Health Protection Agency websites