



# FLU MYTH BUSTER...

**Myth:** Flu is just a heavy cold and is not dangerous

**Fact:** Flu and colds are very different, flu makes you feel very poorly and can carry the risk of serious and life threatening complications.

**Myth:** The vaccination gives you flu

**Fact:** The vaccine does not cause flu, the viruses in it have been weakened to prevent this from happening.

**Myth:** Vaccines are full of dangerous chemicals and ingredients

**Fact:** The ingredients in the flu vaccine work together to make the vaccine effective. The vaccines are carefully and thoroughly tested and are safe.

**Myth:** My child is fit and healthy so doesn't need the vaccination

**Fact:** Healthy people can develop severe complications as a result of flu.

**Myth:** Flu is only caught from coughs and sneezes

**Fact:** Children are more likely to spread flu viruses, not only through coughs and sneezes but also through hand contact with contaminated surfaces.

**Myth:** It is better for children to build their own immunity

**Fact:** It is much safer to have the vaccine to protect against flu.

**Myth:** I had the flu vaccination last year so don't need it again

**Fact:** The vaccine can change each year to help protect against different strains of the flu virus.

**Please note the vaccine is a nasal spray not an injection.**

**If you have more questions, please call the vaccination nurses on 01302 566776**