



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