



# FLU FACTS VS FLU FICTION



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## 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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