



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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