



Flu myth buster



1. Influenza is a virus that **kills thousands of people every year** and is particularly serious for the **older person, the very young** and those with **underlying medical conditions**. It kills otherwise healthy adults and children too.
2. In 2017/18 **over 26,000 people died of flu**. Of those, 8 were under the age of 15.
3. Influenza IS NOT A BAD COLD. Flu symptoms include fever, chills, aching muscles plus cough and sore throat. You are likely to spend a few days in bed. **Flu is a serious and debilitating virus**.
4. **The Flu vaccine cannot give you the flu** – it contains “dead” flu viruses which cannot pass on the virus. The nasal spray for children contains weakened flu viruses that will not give you flu.
HOWEVER, we are giving you the vaccine at a time of year where you can come into contact with lots of other viruses – you can still catch one of these.
PLUS, the side effects of the vaccine are a bit of a sore arm at the injections site, a slight temperature and aching muscles for a few days.
5. The Flu vaccine is safe. It is given to millions of people across the UK every year. Some people will experience mild side effects, but this is much less disruptive than catching the flu.
6. You have a flu vaccine every year because the virus keeps changing. We need to be sure we are protecting you against the circulating virus.
7. Flu cannot be treated with antibiotics – it’s a virus not a bacterial infection. However, a bacterial infection may occur due to the flu and then you would need antibiotics.
8. Have the vaccine even if you think you have had the flu – there are three or four strains in each vaccine and you will only be protected against the one you acquired naturally.

