



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 unless an alternative has been agreed.

If you have any questions, please call the vaccine nurses on 03000 218997