

Flu myths



Myth: Flu is not dangerous.

Truth: Flu can be fatal to vulnerable people. That's why it is so important to protect the people you care for.

Myth: You can't spread flu if you feel well.

Truth: You could be spreading flu right now. Upto 50% of people with flu could have no symptoms.

Myth: The vaccination does not work.

Truth: The vaccine is the single most effective protection against the flu.

Myth: The vaccination gives you the flu.

Truth: The adult vaccination does not contain a live virus so it is impossible to catch the flu from it.

Myth: I had the jab last year so I don't need it again.

Truth: The viruses that cause flu can change every year, so you need a vaccination that matches the new virus.

For more information visit:

www.derbyshire.gov.uk/frontlineflufighters