

MYTHBUSTING

FLU MYTH OR FLU FACT?

MYTH



Influenza is just like having a heavy cold...

No, Influenza is a severe and sometimes life-threatening disease.



FACT

MYTH

The influenza vaccine gives you flu...



The vaccine doesn't contain live bacteria or viruses - so it's impossible to contract influenza from it.

There are some side effects: sore arm, redness or swelling, headache, low-grade fever, some get a slight temperature and aching muscles for a few days after.

FACT

MYTH

Once you've had the influenza vaccine, you're protected for life...



The viruses that cause flu can change every year, so you need a vaccination that matches the new viruses each year. The vaccine usually provides protection for the duration of that year's flu season.

FACT

People shouldn't be immunised against influenza if they have any illness...



FACT

Individuals who have minor illnesses without a fever or systemic upset should still be vaccinated, these are not valid reasons to postpone immunisation. Children with upper respiratory tract infections (colds) or allergies, should still be vaccinated.

Individuals should not have the flu vaccine if they have had a confirmed allergic reaction to the vaccine or any of its ingredients (other than ovalbumin). Please take precautions if allergic to eggs and speak with your pharmacist if in doubt.

If an individual is acutely unwell, immunisation may be postponed until they have fully recovered.

Vitamin C can prevent influenza...



No, it can't. Many people think that taking daily vitamin C supplements will stop them getting influenza, but there's no evidence to prove this.

FACT

MYTH

Pregnant women should not be immunised against flu



FACT

All pregnant women should have the flu vaccination to protect themselves and their babies. The flu vaccine can be given safely at any stage of pregnancy. Vaccination in Babies under 6 months does not work well and is not recommended that is why it is important for pregnant women to have the vaccination so they can pass some immunity to their baby that will protect them during the early months of life.

MYTH