

**STAY WELL
THIS WINTER**

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FLU ~~MYTHS~~ FACTS

There's more truth in the legend about the Devil's Chair at the Stiperstones than there is in the myths about flu vaccines! These myths are as infectious as flu itself.

Please help us to dispel these myths!

MYTH **I won't get flu because I'm healthy and fit**

FACT Anyone and everyone can pick up the flu virus – healthy people included! And you can pass flu on to those who are at risk of developing serious illness.

MYTH **The flu jab isn't safe**

FACT The flu jab is very safe. The side effects linked with the flu vaccine are almost always mild and short-lived.

MYTH **I had the flu jab last year, so I don't need it again**

FACT The viruses that cause flu can change every year, so you need a jab each year that matches the new viruses. The vaccine is usually effective for the duration of the flu season that year.

MYTH **A needle is used to vaccinate children against flu**

FACT The vaccination for children is a simple nasal spray. It's quick, easy and painless.

MYTH **The flu jab doesn't work**

FACT Flu vaccine is the best protection we have against an unpredictable virus. Studies have shown that the flu jab will help prevent you getting the flu. It won't stop all flu viruses and the level of protection may vary, so it's not a 100% guarantee that you'll be flu-free, but if you do get flu after vaccination it's likely to be milder and shorter-lived than it would otherwise have been. *Even if you missed your vaccination in October, have it now, it's not too late!*

MYTH **I can't have the jab because I'm pregnant, and it will affect my baby**

FACT You should have the vaccine no matter what stage of pregnancy you're in. If you're pregnant, you could get very ill if you get flu, which could also be bad for your baby. Having the jab can also protect your baby against flu after they're born and during the early months of life.

For more information visit <https://www.nhs.uk/Conditions/vaccinations/Pages/who-should-have-flu-vaccine.aspx>