

FLU JAB MYTHBUSTERS

Having your flu jab is one of the most important actions you can take to protect your health. Each of us has a vital role to play in ensuring our patients are protected from the deadly dangers of flu.



Yet last year 30% of eligible patients in Leicester, Leicestershire and Rutland did not take up the flu jab.

There are a lot of myths that have been created that can needlessly put some people off from having this vital protection.

So, we have created this special factsheet to clear up these myths for you once and for all.

1

MYTH: "It's a risk to get a flu jab when you're pregnant"

BUSTED: Pregnant women with flu are **MORE LIKELY** to be admitted to hospital with serious complications than non pregnant women.



2

MYTH: "My child is/ children are perfectly healthy."

BUSTED: Healthy children under the age of five are **MORE LIKELY** to be admitted to hospital with flu or spread it to others.



3

MYTH: "I've heard that people get ill from the vaccine."

BUSTED: The injected vaccine **DOES NOT** contain an active flu virus, so it cannot give you flu.



4

MYTH: "I have egg allergies and cannot get the flu jab."

BUSTED: There are a variety of flu vaccine options, including two manufactured without using eggs. *Please talk to your doctor to advise.*



REMEMBER:

- Flu can, and does, kill you. It's vital you have the flu jab if you are eligible.
- If you are pregnant, catching the flu can increase the risk of miscarriage and premature birth, but having the vaccine protects you and your baby too.
- The vaccine can't give you the flu. There is no live influenza virus in the vaccine.

1 in 3 people are entitled to a free flu vaccine, so make sure you get protected today.