

Myths about the flu vaccine...



“Flu is not serious!”



Flu can be serious.

Flu could make you very poorly and it can cause other illnesses.



“The vaccine will give me the flu!”



It cannot give you the flu.

If you get a cough or cold after, it's something you had already caught.



“The vaccine hurts!”



It doesn't hurt.

It feels like a small scratch and you may get a sore arm and feel a bit tired.



The flu vaccine will help to protect you.

HERE

TO

HELP