

Flu jab myths and facts



Myth:

Fact:

"The flu vaccine gives you the flu."

The injected flu vaccine contains inactivated(killed) or weakened viruses, which cannot cause the flu.

"The flu vaccine is not effective."

While it doesn't guarantee 100% immunity, the vaccine significantly reduces the risk of severe illness and complications, and can make symptoms milder if you do get sick.

"The flu vaccine can cause severe side effects ."

The flu vaccine is proven to be safe. Severe side effects are extremely rare.

"The flu vaccine contains porcine gelatine."

No, the inactivated flu vaccine, which is the injectable form, does not contain porcine (pork) gelatine.

**STAY STRONG.
GET VACCINATED.**