

# Busting the myths about flu vaccination for busy bees



## Flu vaccination doesn't work

Flu vaccines are 70-90% effective. They provide you with the best protection from the influenza virus and will minimise the spread of the flu to your family and friends.<sup>1</sup>



## I will get the flu from the vaccination

This is a common misconception. However, the flu vaccine does not contain a live virus, so there is no possibility of it giving you influenza.<sup>1</sup>



## The vaccine will cause unpleasant side-effects

Most people can easily tolerate the vaccine. The side effects that can occur are usually minor and rarely last longer than 1-2 days. Some people may experience mild soreness or irritation around the injection site, headache, fever or slightly aching body.<sup>1</sup>



## The flu isn't very common

Influenza has an annual global infection rate estimated at 5-10% in adults and 20-30% in children.<sup>2</sup>



## The flu is not a serious illness

Influenza is not the common cold and can be a very serious illness that may sometimes mean a stay in hospital and in some cases can even prove fatal. Symptoms can include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, and even stomach symptoms like nausea, vomiting and diarrhea, particularly in children.<sup>1</sup>



## Only elderly people should be vaccinated

Anyone who wishes to lessen their chances of contracting the highly contagious influenza virus should be vaccinated each year. Flu vaccination also protects against you spreading the flu to others around you.<sup>1</sup>



## Flu vaccination is a waste of money and time

For some people, the flu can result in 3-4 days illness, followed by weeks of fatigue. Sufferers commonly need to take time off work. The flu vaccine can be easily and quickly administered by your doctor or vaccination provider. Being vaccinated against the flu helps protect you and your family against any interference to your everyday life and work caused by the flu.<sup>1</sup>



## I was already vaccinated last year

Flu vaccines are developed to protect you against the most common strains of flu for up to 12 months. To be protected against the current flu strains, you should be vaccinated every year, ideally in Autumn before the start of the flu season.<sup>1</sup>

### References

1. Influenza (2nd edition). Rapid Reference. Editors: JC Wilschut, JE McElhaney and AM Palache. Elsevier, 2006
2. WHO, Weekly epidemiological record, 2005, 80; 277-288