

# FLU - INFECTION CONTROL

**Protect yourself and  
those around you  
- get your flu jab**



**1 GET YOUR VACCINE**  
Having your flu jab protects you and those around you. It's a serious illness that can result in death. The vaccine is typically up to 70 per cent effective, depending on the strains of flu circulating each year. So be a flu fighter and have the jab.

**2 WASH YOUR HANDS**  
As well as getting your flu jab, you can help reduce the spread of flu by regularly washing your hands, particularly after sneezing or coughing. You can pass flu on without having any symptoms.

**3 STAY AWAY**  
If you have the flu, stay away from work until you are better. The virus is highly infectious and outbreaks can happen quickly.



**STAY WELL  
THIS WINTER**

[www.nidirect.gov.uk/stay-well](http://www.nidirect.gov.uk/stay-well)

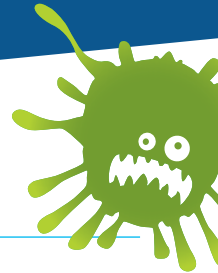
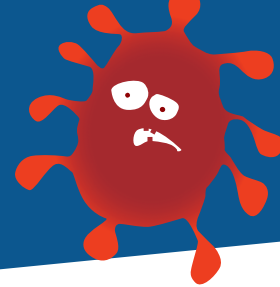


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# FLU FACTS VS FLU FICTION

Protect yourself and those around you



## FICTION

The flu jab gives you flu.

## FACT

No it doesn't. The adult flu jab doesn't contain a live virus so it's impossible to get flu from it.

## FICTION

I'm fit and healthy, I don't need the vaccine.

## FACT

Being healthy does not protect you against flu and you could be spreading flu with no symptoms.

## FICTION

The vaccine does not work.

## FACT

The vaccine is the single most effective measure against flu even if it's not perfect.

## FICTION

I've never had flu so I won't get it.

## FACT

New strains of flu come around every year so your body is just as vulnerable as everyone else's.

## FICTION

You can't spread the flu if you're feeling well.

## FACT

You could be spreading flu right now, 77 per cent of people with flu have no symptoms.

## FICTION

The flu vaccine causes severe reactions or side effects.

## FACT

The most common (if any) side effects are redness, soreness or swelling in the specific area. Not a big deal, is it?

