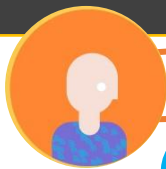


Flu Myth Busters for Parents and Carers



The flu vaccine gives you flu

You cannot get flu from the flu vaccine. The vaccine contains small amounts of weakened flu virus which is safe and effective in protecting against flu. The vaccine takes two weeks to work and in this time you may still catch flu. This is why it is so important to get the vaccine as early as possible.



The flu vaccine contains COVID-19/coronavirus

The flu vaccine does not contain coronavirus. You cannot get coronavirus from the flu vaccine, and the flu vaccine does not protect you against coronavirus. The vaccine protects children against flu and also reduces the risk of them spreading flu to other family members, including grandparents who may be more vulnerable. This is important because if someone gets coronavirus and flu at the same time they are more likely to become seriously ill.



Having flu is just like having a bad cold

Flu can be a very unpleasant illness and can lead to serious problems. It causes fever, stuffy nose, dry cough, sore throat and tiredness. In some children they can get a very high fever and require hospital treatment. More serious complications of flu include ear infections and pneumonia.



The flu vaccine will be unpleasant for my child

Children are given a nasal spray which is painless, quick and easy.



The flu vaccine has bad side effects

The side effects of the flu vaccine are much less serious than getting the flu. Some children will get a runny or blocked nose, tiredness or loss of appetite. Serious side effects are uncommon.



My child had it last year why do they need it again?

The flu vaccine does not give life-long protection against flu. Each year the circulating flu virus changes so the components of the vaccine will be different from last year.



My child cannot have the flu vaccine due to the porcine gelatine content

This year an alternative form of the vaccine that does not contain porcine gelatine is on offer. If your reason for declining the vaccine is due to porcine gelatine and you would like to find out more about the alternative you must return the consent form declining and give the reason 'porcine gelatine content.' Intrahealth will then be in contact with you to discuss the alternative. This offer will be subject to availability.

