

Myths & Facts

Let's separate fact from fiction

MYTH

❌ **The flu vaccine gives you flu**

FACT

✅ The flu vaccine **cannot cause flu**

Some children may feel tired or have mild side effects for a day or two while their immune system builds protection.

MYTH

❌ **Healthy children don't need the flu vaccine**

FACT

✅ Healthy children can catch and spread flu easily

Vaccination helps protect them and people around them, including babies, grandparents and vulnerable family members.

MYTH

❌ **Flu is just a bad cold**

FACT

✅ Flu is much more serious than a cold

It often causes a high temperature, severe aches and can lead to complications such as pneumonia or worsening asthma.

MYTH

❌ **The vaccine isn't safe**

FACT

✅ The children's flu vaccine has been used safely across the UK for many years

Millions of children receive it every year.

MYTH

❌ **My child had the vaccine last year so they don't need it again**

FACT

✅ Flu viruses change every year

That's why a new vaccine is needed each autumn.

MYTH

❌ **The only vaccine available contains pork gelatine**

FACT

✅ The preferred vaccine for most children is the nasal spray, which contains a highly purified form of porcine gelatine.
A gelatine-free injectable vaccine is available for children who cannot receive the nasal spray or where parents choose this option.

For more information about vaccines and our contact details please visit **www.schoolvaccination.uk** or scan the QR code

Part of the NHS School Aged Immunisation Service

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