

Take the flu fighter facts quiz

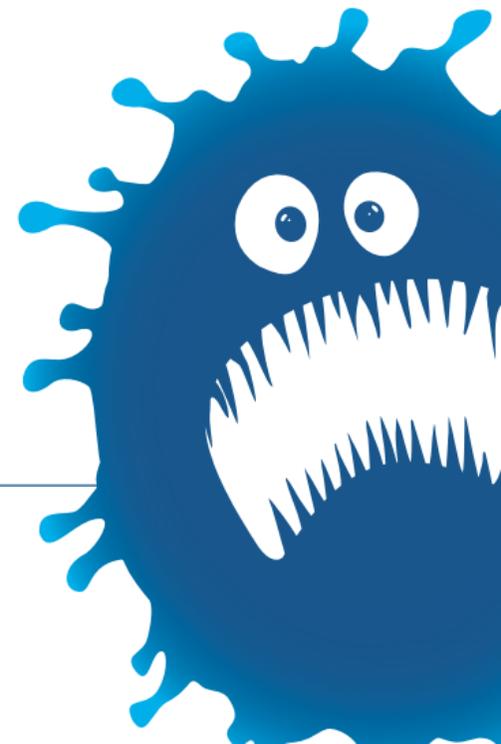
Get the facts, get your jab.
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True or False?

- 1** Healthy people can die from flu
- 2** Flu kills thousands of people every year
- 3** The side effects of the flu jab are usually mild or non-existent
- 4** The flu jab is the best protection against flu
- 5** Pregnant women should get the flu jab
- 6** You need the flu jab every year
- 7** The risk of having a serious reaction to the flu jab is less than one in a million

NHS



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THIS WINTER**



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Get the facts. Get the jab.

Protect yourself and those around you.



1: TRUE

Up to one third of flu deaths are in healthy people.

2: TRUE

Public Health England estimate that an average 8,000 people die from flu in England each year although the figure can be far higher.

3: TRUE

The vaccine is well tested and has an excellent safety record. The most common side effect is soreness around the site of the injection.

4: TRUE

Yes, it is! It seems simple but many people don't know that getting your flu jab every year is the best way to help protect yourself and those around you.

5: TRUE

Pregnant women should have the flu vaccine at any stage of their pregnancy during the flu season. Vaccination helps protect women during pregnancy and their babies after birth.

6: TRUE

You won't be protected against any new strains of flu that may circulate each year unless you get the jab every year. The protection from the vaccine also declines over time.

7: TRUE

The risk of having a serious (anaphylactic) reaction to the flu jab is lower than the risk of getting seriously ill from having the flu itself.

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