



“I heard the flu jab gives you flu.”

Suggested Response



That’s a common worry, but the flu vaccine doesn’t contain live virus, so it can’t give you flu. You might feel a bit achy or tired for a day or two, but that’s just your immune system kicking in.

Myth Buster



The flu jab helps your body build protection; it doesn’t infect you.

Confidence Booster



People who get the flu jab may be 60% less likely to need hospital care for flu.

More info: fullfact.org / immunology.org / nhs.uk/vaccinations/flu-vaccine



“I’m healthy, so I don’t need the flu jab.”

Suggested Response



Even healthy people can catch flu and pass it on to others who might be more vulnerable. The jab helps protect you and those around you.

Myth Buster



Flu can affect anyone, even if you’re fit and well.

Confidence Booster



Vaccination reduces your risk of catching flu and helps protect your family, friends, and colleagues.

More info: fullfact.org / immunology.org / nhs.uk/vaccinations/flu-vaccine



“It’s not safe if you have allergies.”

Suggested Response



Most people with allergies can have the flu vaccine safely. If you have a severe egg allergy or have reacted badly to a vaccine before, there are alternative vaccines available.

Myth Buster



Severe allergic reactions are very rare, and there are options for those with specific allergies.

Confidence Booster



Flu vaccines are thoroughly tested and monitored for safety every year.

More info: fullfact.org / immunology.org / nhs.uk/vaccinations/flu-vaccine



“Vaccines cause autism.”

Suggested Response



This myth has been debunked for years. There’s no credible evidence linking vaccines to autism.

Myth Buster



Major health organisations worldwide confirm vaccines do not cause autism.

Confidence Booster



Millions have safely received vaccines with no link to autism.

More info: fullfact.org / immunology.org / nhs.uk/vaccinations/flu-vaccine



“I don’t need a flu jab every year?”

Suggested Response



Flu viruses change quickly, so last year’s vaccine won’t protect you this year. Annual jabs keep your immunity up to date.

Myth Buster



The World Health Organization and NHS review global flu strains every year to make sure the vaccine matches what’s circulating.

Confidence Booster



Regular vaccination is the best way to stay protected, especially for those at higher risk.

More info: fullfact.org / immunology.org / nhs.uk/vaccinations/flu-vaccine



“I still get flu so do vaccines actually work?”

Suggested Response



Yes, flu vaccines are proven to reduce your risk of getting seriously ill.

Myth Buster



Flu vaccines don’t guarantee you won’t catch flu, but they do make it much less likely you’ll end up in hospital or have severe symptoms.

Confidence Booster



This year’s NHS data shows flu vaccines are up to 75% effective at preventing hospital attendance in children and 30 - 40% effective in adults, even with new strains circulating.

More info: fullfact.org / immunology.org / nhs.uk/vaccinations/flu-vaccine



“Natural immunity is better than the vaccine.”

Suggested Response



Natural infection can lead to severe complications, especially for vulnerable people. The vaccine offers safe protection

Myth Buster



Vaccines trigger an immune response to help your system fight flu.

Confidence Booster



Vaccinated people are much less likely to be hospitalised or suffer serious complications.

More info: fullfact.org / immunology.org / nhs.uk/vaccinations/flu-vaccine



“The flu vaccine has harmful ingredients.”

Suggested Response



NHS vaccines are highly regulated and only contain ingredients that are proven to be safe and effective. If you have allergies or dietary concerns, there are options available

Myth Buster



All vaccines offered by the NHS are thoroughly tested for safety. They do not contain harmful substances, and the ingredients are listed publicly for anyone to check.

Confidence Booster



The Medicines and Healthcare products Regulatory Agency (MHRA) requires the highest standards of safety, quality, and effectiveness for all vaccines.

More info: fullfact.org / immunology.org / nhs.uk/vaccinations/flu-vaccine