

False **myths** about flu **vaccines**



The vaccine is not effective



Vaccines are the best available tool for prevention. Effectiveness ranges from 30 to 70% due to mutations in circulating viruses. However, it is effective to reduce the severity of the disease and to reduce the rate of complications and death.

Other years, I caught a cold after getting a vaccine



The vaccine is obtained from deactivated viruses that can therefore not cause the flu. There are active viruses circulating during the vaccination period (colds, pharyngitis. . .) which the vaccine does not guard against.

It has side effects



Reactions are generally mild. It may cause local reactions (15-20%) and fever or discomfort (2%).

I never fallen ill I have never caught the flu



Every year, between 5% and 20% of the population catches the flu. If you belong to a risk group, we recommend getting the vaccine to avoid complications.

The flu is not a severe disease



The flu may be a severe disease. Every year, between 300,000 and 500,000 people die from the flu worldwide. The elderly and people with chronic diseases have a heightened risk of infection and/or complications.

I am pregnant. The vaccine may have a harmful effect on the foetus

Pregnant women are more susceptible to catch the flu and at greater risk of complications: premature labour, c-sections, underweight babies. Vaccination protects the mother and child for approximately the first six months from childbirth.



Vaccines are recommended to further the financial interests of laboratories

Producing vaccines is a lengthy and costly process that includes careful assessments of their safety. Flu vaccines are among the cheapest.

Adapted text: Health Department.
Catalan Regional Government

With
vaccines

**YOU CAN
PREVENT IT**

