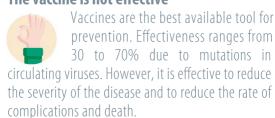
False myths about flu vaccines



The vaccine is not effective



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 vaccines is a lengthy and costly roducilla that includes careful assessments of their safety. Flu

vaccines are among the cheapest.

Adapted text: Health Department.

With vaccines



