

FICTION The vaccine causes Guillain Barré Syndrome.

FACT There's absolutely no reason to suggest the swine flu vaccine is linked with Guillain Barré Syndrome (GBS). The swine flu vaccine used in the United States in the 1970's did carry a small risk of GBS, but this was different to the vaccines used today. Checks on similar seasonal flu vaccines have revealed no association with the disease. However, a link has been shown between having a flu-like illness and developing GBS.

FICTION I never catch normal flu, so I can't see me getting swine flu.

FACT Many of us have built up resistance to seasonal flu but swine flu is a new virus, meaning that those of you who are lucky enough to avoid normal flu may find you get sick from swine flu.

For details of where and when to get your vaccine, please [insert local info here]



SWINE FLU

**IF YOU CAN'T CATCH IT,
YOU CAN'T PASS IT ON**

**The vaccine is here - get your jab now.
FLU. PROTECT YOURSELF AND OTHERS.**



Keeping patients safe during the swine flu pandemic is a critical priority for all of us. Being vaccinated against swine flu is the easiest way to reduce your chances of spreading the virus to others.

There are a number of myths about the swine flu vaccination but the truth is that early vaccination will protect you, your colleagues and those in your care.

FICTION The effect on the NHS is being overplayed – swine flu won't cause us any problems.

FACT Actually, this could be a very tough winter for the NHS, as swine flu combines with other seasonal pressures, including seasonal flu. Getting yourself vaccinated is a simple way of helping to make sure you're fit and healthy, and able to play your part in the months ahead.

FICTION Swine flu is a mild illness, so I don't really need the vaccine.

FACT Yes, swine flu is generally mild for healthy people, but for pregnant women and those with health problems it can be much more serious. Vaccination isn't just about keeping you safe and well – it's about protecting your patients and your colleagues, who may be more susceptible to the virus. Don't underestimate the virus, get yourself protected!

FICTION I've already had swine flu so I don't need the vaccine.

FACT Many people think they've had swine flu when they haven't. Unless lab testing confirmed that you definitely had swine flu, you should still have the vaccination. When it comes to protecting you and your patients, it's better to be safe than sorry.

FICTION The vaccine will give me the flu.

FACT The vaccines contain inactivated flu viruses so they can't give you flu. There's a small chance that you may experience a mild fever and a few aches and pains immediately after the jab, but any side effects are usually very mild and will pass within 48 hours. Most people suffer nothing worse than a slightly sore arm.

FICTION I don't need the swine flu vaccine if I've already had the seasonal flu one.

FACT You should have both vaccines because swine flu is a completely different virus to the normal seasonal flu. It's safe to have both vaccinations at the same time.

FICTION I don't treat anyone who has swine flu, so I don't need the vaccine.

FACT Health professionals are more likely to be exposed

to the virus. If you catch it and pass it on to your patients, they may become seriously ill. So don't take the risk – for your sake and that of your patients, it's best to get the jab.

FICTION You're infectious after having the jab, so you can't treat patients during that period.

FACT The vaccine won't make you infectious to anyone, so it is safe to carry on with your normal duties.

FICTION The vaccines have been rushed out and haven't been properly tested – you simply don't know they're safe.

FACT The vaccine has been licensed by the European Medicines Agency. Also, extensive trials involving thousands of people have carried out with very similar H5N1 flu vaccines. This means we're very confident that the new vaccine is low risk.