

DEBUNKING MYTHS ABOUT FLU

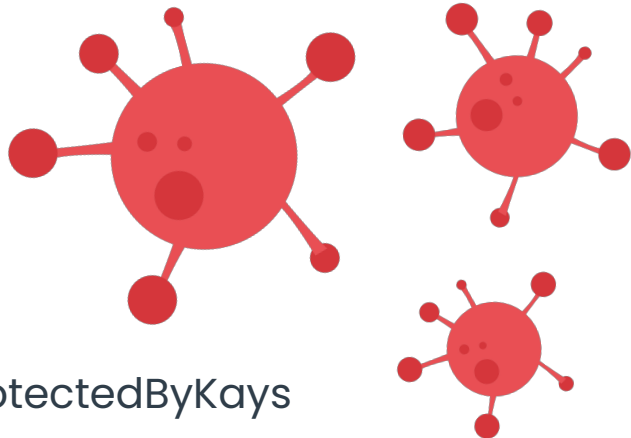
What is FLU?

Influenza, commonly known as the flu, is a contagious viral infection of the respiratory tract that affects the nose, throat, and sometimes the lungs. It can affect individuals differently; while mild cases may resemble a common cold, it is often more severe and can pose significant risks to older adults and those with weakened immune systems.

The **NHS** offers free flu vaccinations to eligible groups, including people aged 65 and over, carers, pregnant women, and those with certain medical conditions.

Find out more:

www.nhs.uk/vaccinations/flu-vaccine/



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MYTHS VS. FACTS

1. Flu is just a bad cold

Fact: Flu is caused by influenza viruses, while colds are usually caused by rhinoviruses.

2. Influenza shot is not required every year

Fact: The influenza virus mutates yearly, so annual vaccination is needed to protect against the most common strains.

3. Influenza is not serious, so vaccination is unnecessary

Fact: According to CDC, the 2019–2020 flu season resulted in at least 18 million medical visits, 410,000 hospitalisations, and 24,000 deaths.

4. Antibiotics are needed to treat flu-related fever

Fact: Influenza is a type of viruses, antibiotics works against bacteria, but they aren't effective for a viral infection like the flu.

5. The flu vaccine can cause severe side effects

Fact: The flu vaccine is proven to be safe, and severe side effects it extremely rare.



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