



# fact:

the flu **vaccine** can't  
give you the **flu**

If someone tells you they caught the flu from the flu vaccine, they're wrong. It's impossible to catch the flu from the vaccine, because it doesn't contain any live flu viruses.

If you are 65 or over or suffer from certain chronic illnesses contact your GP surgery to find out the arrangements for flu vaccination in your practice.

**Protect yourself**  
**Catch the vaccine not the flu**



**Health**  
Promotion  
Agency