

You and the Flu

Your guide to the flu vaccine and its benefits to you and your family.

VO:

Have you ever wondered how the flu vaccine is created, and how it helps you and your family stay flu free?

This video has been made to tell you about the vaccine and what you can do to protect yourself, and all those around you from the flu.

This is

***You and the Flu.
(making the vaccine)***

The flu virus changes every year, so scientists with the World Health Organization or the W H O, determine which three types or strains, of the flu people are most likely to get. The W H O produces new vaccine strains in their laboratories and then provides them to vaccine manufacturer for production.

To make the vaccine, manufacturers must grow the virus inside special hen's eggs. Millions of hen's eggs are injected with one of each of the three flu virus strains.

The infected eggs turn into tiny flu factories, with each virus spending the next several days multiplying.

The vaccine manufacturers pierce the eggs and remove some of the liquid which is now full of the flu virus. They collect all three strains of flu virus, kill them and blend them together to create the vaccine.

A small amount of a preservative called thimerosal is added to keep the vaccine fresh and pure. This preservative contains a tiny amount of mercury,

about the same amount as a can of tuna. Vaccines with this preservative are safe. Tests show that the low dose of mercury in vaccines does not cause any harm.

The vaccine is then tested by the manufacturers and sent to Health Canada for further testing.

After Health Canada approves the vaccine as being safe and effective, the manufacturers then ship them across Canada.

This is

You and the Flu.

(how the vaccine helps)

The flu vaccine keeps us from catching a virus that could harm you, a family member, or someone else you have contact with.

The flu shot prevents people from getting sick and spreading the flu to others.

The flu shot works.

The injection:

When you get the flu shot, the injection puts harmless pieces of inactivated, that is, dead, flu viruses into your body.

Because the flu fragments are dead, you can't get the flu from the flu shot.

The detection:

If you decide not to get the shot, and you are exposed to someone with the flu virus, your body doesn't have the antibodies you get from the vaccine, and so you're not protected from the flu, no matter how healthy you are.

Without these antibodies, the virus invades the lungs, multiplies, makes you sick and then escapes your body when you sneeze or cough. Then it starts the whole process all over again in someone else, spreading rapidly.

VO and Title:

Protect yourself, protect your family. Get the flu shot.

Share this video, not the flu virus.