

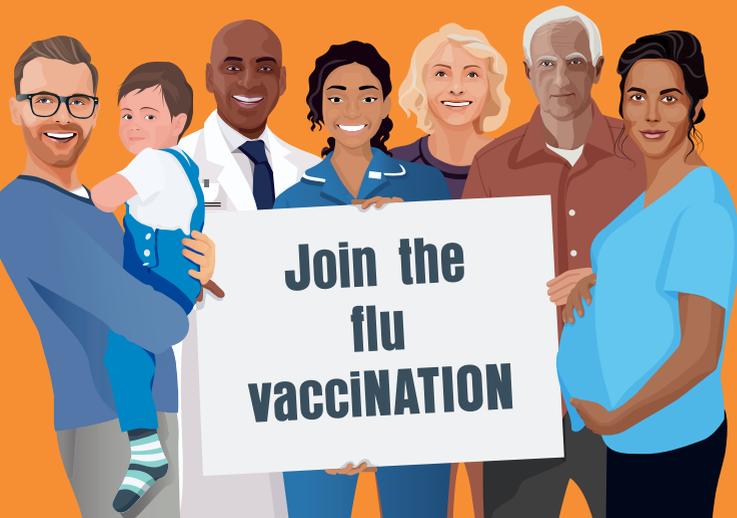
## Before your flu vaccination...

Once you've booked your flu vaccination, don't forget to tell the nurse or pharmacist if:

- You feel unwell with a high temperature
- You are allergic to eggs
- You have had a reaction to a previous flu jab

Remember, last year, over 20 million people did their bit to protect themselves, each other and the NHS. Make this the year YOU join them.

Ask your healthcare professional about your flu vaccination today.



## How does a flu vaccine work?

The flu vaccine triggers your body to make antibodies that help protect you against the influenza virus. This can take about 10 to 14 days.

After this, if you're exposed to the same virus your body can recognise and fight it. You need a vaccination every year because influenza viruses are constantly changing, and a vaccination only protects you against the strains of flu virus expected for the coming winter.

Fewer people than usual caught flu last year due to mask wearing and social distancing. This means a lower level of population immunity is predicted for this winter, so it is even more important to get vaccinated against flu this year. Especially with restrictions being lifted which may mean more chance for flu to spread.



## I've already had my COVID jabs. Do I need a flu jab as well?

Your COVID-19 vaccination will not protect you against flu as it is a different disease.

A flu vaccine gives the best protection against flu.

Flu vaccination is important because:

- If you're at higher risk from coronavirus, you're also more at risk of problems from flu
- If you get flu and coronavirus at the same time, research shows you're more likely to be seriously ill
- It'll help to reduce pressure on the NHS and social care staff who may be dealing with coronavirus



## 50 years or over? Pregnant? Living with a chronic condition?

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Make this the year YOU join them.



**HAVE A FLU  
VACCINATION QUESTION?  
HERE ARE SOME ANSWERS**

## I'm fit and healthy. Why should I bother getting vaccinated?

If you're over 50 you're eligible for a flu vaccination. This is because the risk of more severe and life-threatening flu goes up as you get older, even if you feel healthy.

Why risk catching flu, when a vaccination can help protect you and can stop you spreading it to other people?



## Who's at risk from flu?

The NHS offers a free flu vaccine to those who are at risk of serious complications of flu and others, including:

- All children aged 2 to 15 (but not 16 years or older) on 31 August 2021
- Those aged 6 months to under 50 years in clinical risk groups
- Pregnant women
- Those aged 50 years and over
- Those in long-stay residential care homes
- Carers
- Close contacts of immunocompromised individuals
- Frontline health and social care staff employed by:
  - A registered residential care or nursing home
  - Registered domiciliary care provider
  - A voluntary managed hospice provider
  - Direct Payment (personal budgets) and/or Personal Health Budgets, such as Personal Assistants

For more information please visit  
[www.nhs.uk/conditions/vaccinations/flu-vaccine-questions-answers](http://www.nhs.uk/conditions/vaccinations/flu-vaccine-questions-answers)

## It's just a bit of flu. Do I need a vaccine?

Flu is much more than 'just a bad cold'. If you are in one of the at-risk groups flu is more likely to put you in hospital or can lead to serious and even life-threatening complications.

Plus, it's not just you that may need protection against flu. Getting vaccinated can reduce the risk of spreading infection to others. So a flu vaccination can help protect you, those around you and can reduce pressure on the NHS.



## What if there are side effects?

You may get some side effects after your flu vaccination, but these are usually mild and will only last a couple of days. They might include but are not limited to:

- A sore arm where the needle went in
- Muscle aches
- A slightly raised temperature

And remember, by reporting side effects, you're helping improve the safety of medicines.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects you've not been told about. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).