



The truth about having a flu jab.



The information in this leaflet is written using advice from the World Health Organisation.



Is getting Influenza or Flu serious?



Your Doctor would say.....



- Many people in the world die of Flu every year.



- Healthy people can get Flu.
- People who already have health problems are more likely to get Flu.



- Most people will feel better after a few weeks.



- Some people will become very ill and need to go into the hospital.



Can the Flu
Vaccine give me
Flu?



Your Doctor would say.....

- The jab cannot give you Flu .
- But....
- After you have had the jab:
- Your body might ache or hurt.
- You may feel hot or feverish



Does the Flu vaccine
have serious side
effects?



Your Doctor would
say.....



- The jab is safe to have.
- Side effects are very rare.



If I have a Flu Jab
could I still get the
Flu?



Your Doctor would say.....

- There are several different types of Flu.
- So you may still to get the Flu even if you have had the vaccine.
- But, having the vaccine does protect you against the type of flu that is the most common.



?

I am pregnant should I
get the Flu Jab ?



Your Doctor would say.....



- The Flu jab is safe for pregnant women.
- The Flu jab is safe at any stage of pregnancy.

