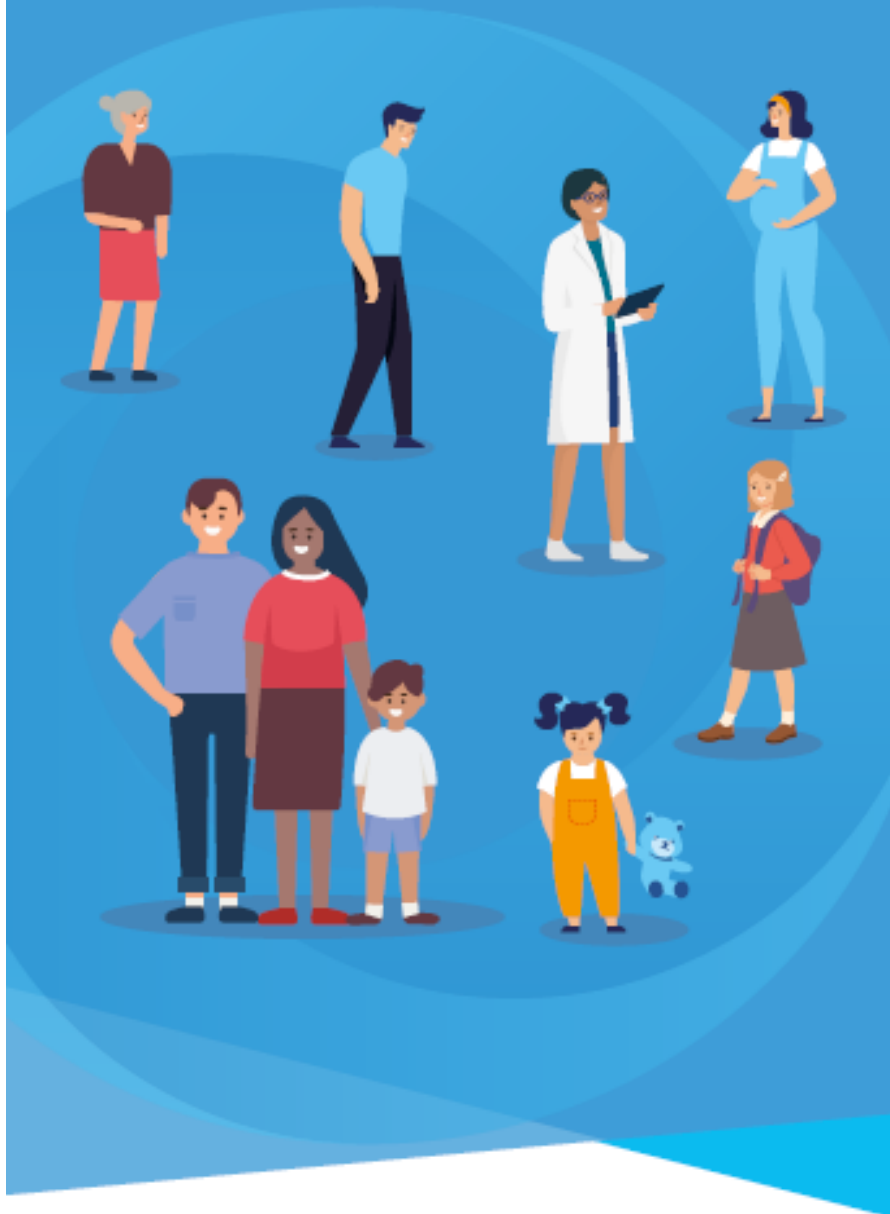


# Flu Vaccine




## Information for People at Risk



**This is an Easy to Read Guide**

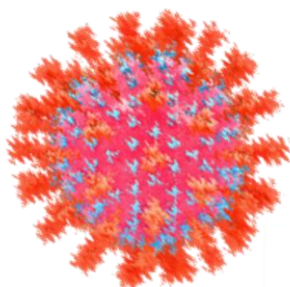


# What is this leaflet about?

 A photograph of a man and a woman. The man is on the left, wearing a grey jacket and glasses, with his hand to his forehead. The woman is on the right, wearing a colorful patterned top and glasses, also with her hand to her forehead. Several light blue snowflake icons are scattered around them, suggesting they are feeling cold or have a flu.	<p>This leaflet tells you about the flu vaccine.</p> <p>Please read this information carefully.</p>
 A graphic consisting of six grey silhouettes of human heads, three on the left and three on the right, arranged in a circle. In the center of the circle is a large, bold black question mark.	<p>This leaflet says who should get the vaccine.</p>
 A photograph showing a pair of hands holding a bright blue plastic tray. On the tray, there is a small white syringe, a small white packet, and a white cotton ball.	<p>It says when and how to get the vaccine.</p>



# What is flu?



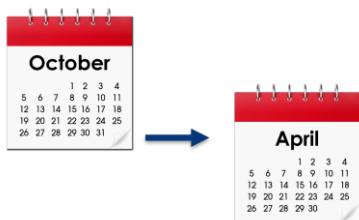
Flu is an illness.

A virus gives you this illness.



A virus is a germ that can get into your body, give you an infection, and make you ill.

The flu virus can get into your nose, mouth, throat, and lungs.



Flu can pass from one person to another.

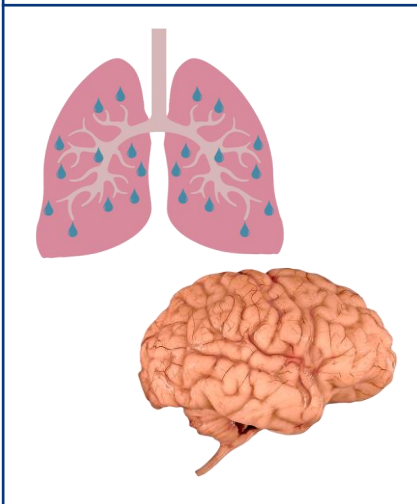
It can spread in the community from October until the end of April.



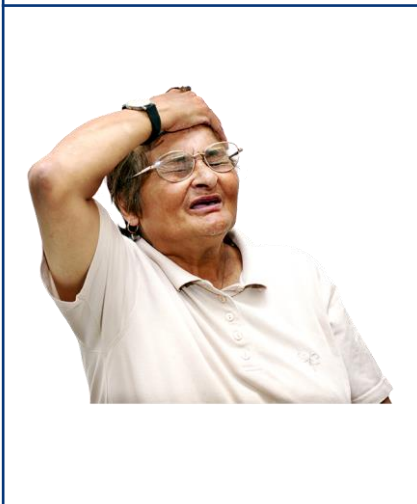
# Can flu make you very ill?



Yes, flu can make you very ill.



You can get serious illnesses like pneumonia, bronchitis, or a swelling in your brain.



Flu can make other health problems worse.



Some people have more chance of getting very ill from flu.

For example:



- People aged 65 and older  
Older people are more at risk of getting very ill, going to hospital, or dying from flu.



- Pregnant women  
Flu can also affect the baby.



- People with a health problem such as diabetes or lung disease.



# What is the difference between a cold and the flu?



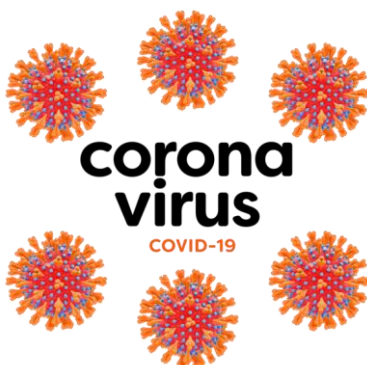
A cold comes on slowly.

You will have mild symptoms, such as a sore throat and a blocked or runny nose.



Flu starts suddenly.

You will have a fever, muscle aches, headaches, and feel very tired.



It may be difficult to tell the difference between the flu and COVID-19.



# What is the flu vaccine?

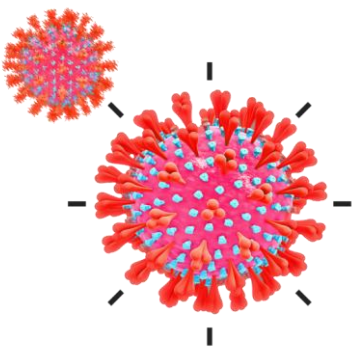


Your immune system is your body's way to fight infections.



A vaccine is something that helps your body to fight infections.

The flu vaccine helps your immune system to fight infection from flu.



Each year the flu viruses change.

Each year, the flu vaccine changes to keep you safe from new strains of flu.

You need a flu vaccine every autumn or winter.



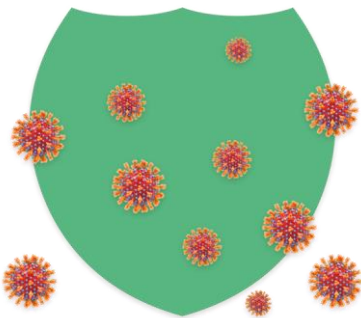


# How does the flu vaccine work?



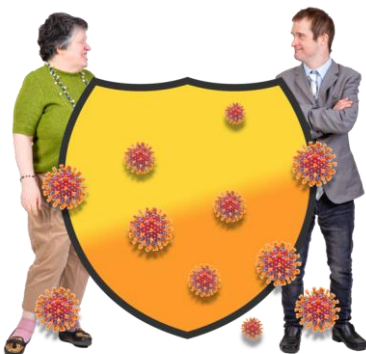
The flu vaccine is the best way to keep you safe from flu.

The vaccine starts to work in two weeks.



The vaccine helps your immune system to make antibodies.

Antibodies fight infection.



If you come into contact with the flu virus, the vaccine can stop you from getting ill.





The flu vaccine protects pregnant women during pregnancy.

It also protects their baby during their first few months of life.



There are 3 different flu vaccines this year.



1. The Quadrivalent Influenza Vaccine is made by a company called Sanofi Pasteur.

It is for people with long-term conditions and people aged 65 years and older.



2. Influvac Tetra is made by a company called Mylan.

It is for people with long-term conditions and people aged 65 years and older.



4. Fluenz Tetra is a nasal spray flu vaccine.

It is made by a company called AstraZeneca AB.

It is for children aged 2-17 years.



The flu vaccine is very safe.

Flu vaccines have been given for more than 60 years to millions of people in the world.



The flu vaccine cannot give you the flu.



## Who should get the flu vaccine?



- People aged 65 and older



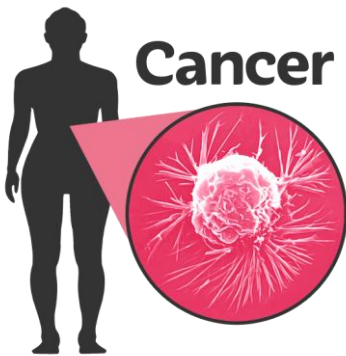
- Children aged 2 to 17 – please read the leaflet about the flu vaccine for children



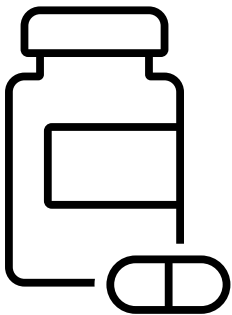
- Pregnant women – please read the leaflet about the flu vaccine for pregnant women



- People with long-term health problems. For example, diabetes, heart problems, or lung disease



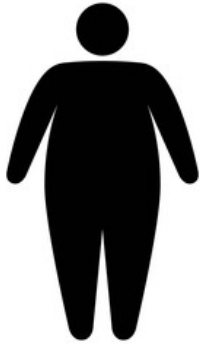
- People with cancer



- People on aspirin treatment for a long time



- People with a weak immune system from a disease or treatment



- People who are obese



- People with Down Syndrome



- People that live in nursing homes and other long stay places



- Healthcare workers



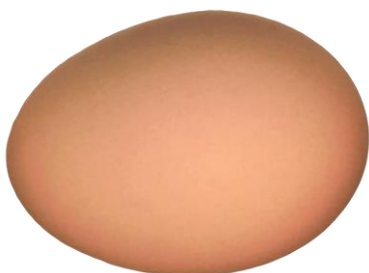
- Carers



- People who live in the same house as someone with a serious medical problem.  
Flu could make this person very ill




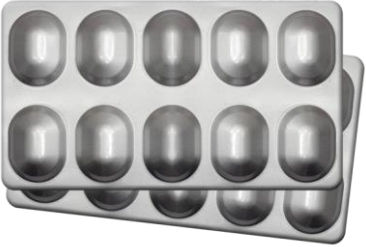

- People that have close contact with certain animals and birds.  
For example, pigs or hens



- Most people that have an egg allergy can get the flu vaccine.  
Talk to your doctor or pharmacist for more information.



## Who should not get the flu vaccine?

	<p>You should not get the flu vaccine if you had a bad allergic reaction to a flu vaccine or any of its ingredients before.</p>
	<p>You should not get the flu vaccine if you are taking certain medicines to treat cancer.</p> <p>These are called combination checkpoint inhibitors.</p> <p>Talk to your doctor for more information.</p>
	<p>You should not get any flu vaccine if you have an illness called severe neutropenia.</p> <p>This is low levels of a type of white blood cell.</p> <p>Talk to your doctor for more information.</p>





# What are the side effects of the flu vaccine?



Most people only get mild side effects that last for a few days.

Serious reactions do not happen very often.




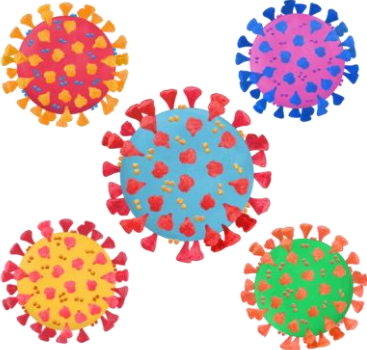

You might get soreness, redness, and swelling where the injection was given.



You might get a headache, muscle pain, or feel tired.



# Will the flu vaccine keep me safe from COVID-19?

	<p>No, the flu vaccine does not protect you against COVID-19.</p> <p>It is important to get both the flu vaccine and the COVID-19 vaccine.</p>
	<p>This is because flu and COVID-19 are caused by different viruses.</p>
	<p>You can get a COVID-19 vaccine at the same time as the flu vaccine.</p>



# When should you delay getting the flu vaccine?

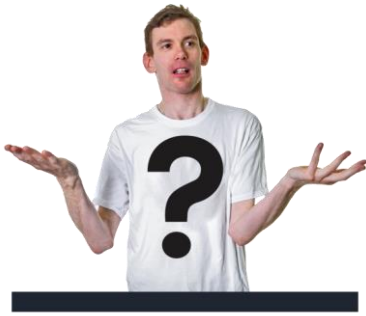


There are very few reasons to delay getting the flu vaccine.



You may have to delay getting the flu vaccine if you are unwell with a high temperature.

Wait until you feel better.



# Where can I get the flu vaccine?



You can get the flu vaccine from your doctor or pharmacist.

You can make an appointment now.



If you are a healthcare worker, you might be able to get the flu vaccine at work.

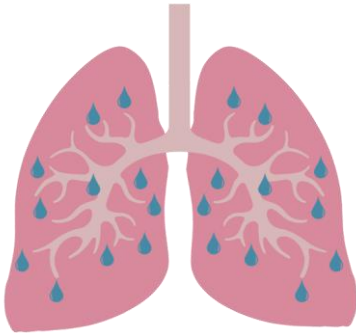


The vaccine and the appointment with your doctor or pharmacist are free.

You do not have to pay.



If you are 65 or older, or have a long-term medical problem, you can ask your doctor or pharmacist about the pneumococcal vaccine.



This vaccine protects against an illness called pneumonia.



You usually only need to get the pneumococcal vaccine once.



You can get this vaccine on the same day as the flu vaccine.



# How can I get more information?



You can read more about the vaccine at [www.hse.ie/flu](http://www.hse.ie/flu)



You can also find a link to the patient information leaflet for the vaccine at [www.hpra.ie](http://www.hpra.ie)



You can also talk to your doctor, nurse, pharmacist, or vaccinator.

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