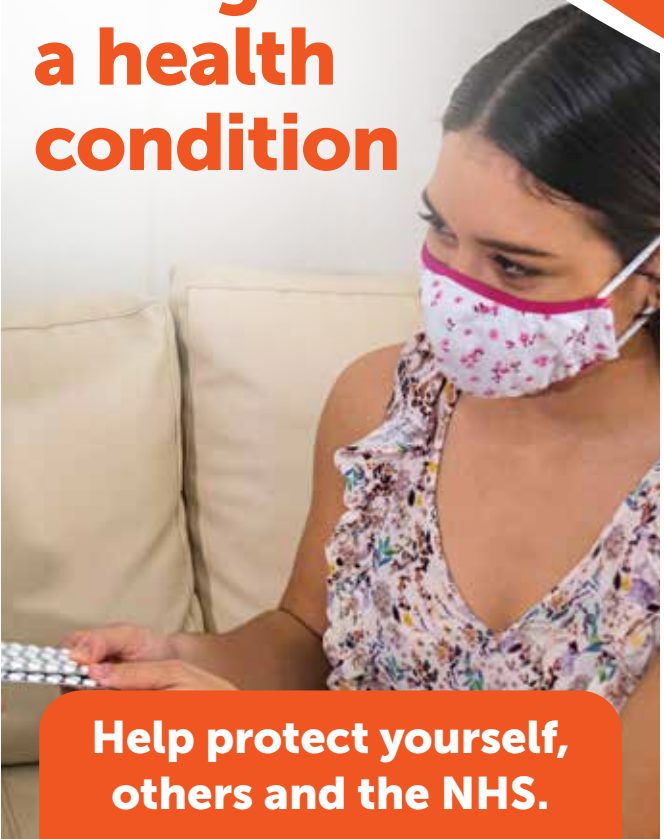


Flu
IS SERIOUS

Living with a health condition



**Help protect yourself,
others and the NHS.**

2020 edition

With COVID-19 around, it's more important than ever to get the flu vaccine.



www.nhsinform.scot/flu



Flu is serious. So what can you do to stay safe?

Protect yourself:

- People with health conditions are 18 times more likely to die from flu than those without health conditions.
- Flu is much more than a bad cold. It's a highly infectious disease with symptoms that come on very quickly. Every year in Scotland, two thirds of people who end up in intensive care because of flu have a health condition.
- Even if your health condition is mild, well-managed or you feel healthy, flu can still be a risk for you.

Protect others:

- Reduce your risk of getting flu and spreading it to others, especially those who are most at risk.

Protect our NHS:

- Help our NHS avoid the pressure that a spike in seasonal flu would put on top of COVID-19.

The vaccine is the best defence against flu.

- Scotland's Chief Medical Officer recommends you have the free flu vaccine every year if you have an eligible health condition or care for someone who does.

- During vaccination, strict infection prevention and control measures will be in place.
- You have to be immunised every year because the virus changes constantly and your immunity reduces over time.
- The vaccine contains no live viruses, so it can't give you or people around you flu.
- It takes around 10 days to work, so the sooner you get it the better.

Who should have the flu vaccine?

People aged 6 months or over with any of the following health conditions/diseases are at greater risk from flu:

- asthma
- bronchitis
- emphysema
- cystic fibrosis
- chronic heart disease
- chronic kidney failure
- multiple sclerosis
- liver problems
- diabetes
- asplenia (dysfunction of the spleen)
- being very overweight
- HIV infection
- stroke
- undergoing chemotherapy treatment
- taking medication that reduces immunity

If you were previously advised to shield to protect you from COVID-19, all of your household members can now have a free flu vaccine.

Flu is serious. Take action.

Flu immunisation begins in autumn. The sooner you get it the better.

Visit www.nhsinform.scot/flu or call **0800 22 44 88** (open 8 am–10 pm 7 days a week) to find out about getting the flu vaccine in your area.

Common side effects

The vaccine is safe and effective but some people may experience side effects.

These are usually mild and may include:

- Tenderness, swelling and/or redness at the injection site
- Headache
- Muscle ache
- Fever (temperature above 38°C)

For more information visit:

www.nhsinform.scot/flu



Translations



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Other formats available at:



www.nhsinform.scot/flu



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