

Flu
IS SERIOUS

**65 years
or over**

**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:

- Every year in Scotland, thousands of people are hospitalised with flu. It can be serious and life threatening, so getting vaccinated is the safest and most effective way to protect yourself.

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 are aged 65 or over.
- During vaccination, strict infection prevention and control measures will be in place.
- You have to be immunised every year because the virus changes each year and your immunity reduces over time.
- It takes around 10 days to work, so the sooner you get it the better.

Flu is serious. Take action.

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. This is to protect you, your household members, and to help our NHS.

Only the people you live with are entitled to a free vaccine. This does not apply to extended households.

Please keep the letter enclosed with this leaflet safe, as you and your household members may need it to get the flu vaccine.

Visit **www.nhsinform.scot/flu** or call **0800 22 44 88** 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)
- feeling generally unwell.

For more information on potential side effects and vaccine ingredients, visit **www.nhsinform.scot/flu** for links to the patient information leaflets.

Where and when to get the flu vaccine

If you're aged 65 years or over by 31 March 2021, you're eligible to receive the free flu vaccine.

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

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



Translations



Easy read



BSL



Audio



Large print



Braille

Other formats available at:



www.nhsinform.scot/flu



0131 314 5300



phs.phs-otherformats@nhs.net

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