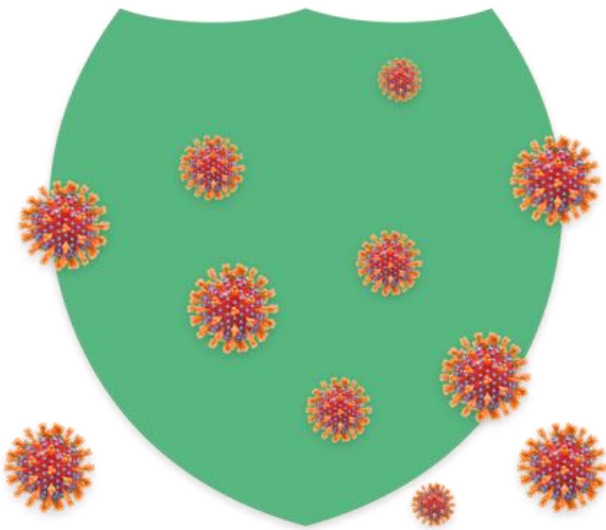
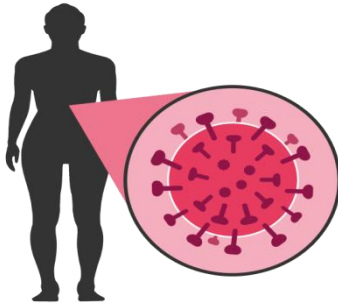




Influenza (flu) Vaccine

Easy Read Information





The flu is caused by a bug, called a virus, that gets into the body.

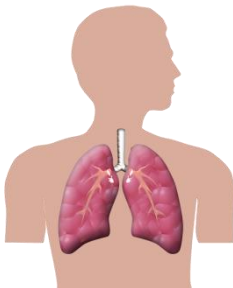


Anyone can get the flu.

The Flu can make you feel very sick.



If you get very unwell with the flu, you may need to go to hospital.



It is a very serious sickness that affects your lungs.

The flu can make it hard for you to breathe.



People can die from the flu.

There are many signs and symptoms of the flu:

- High temperature
- Blocked nose
- Headache
- Sore throat
- Cough
- Difficulty breathing
- Aches
- Tired



People who are at bigger risk of getting the flu are:

- older people
- people who are pregnant
- people with serious health problems like lung disease and diabetes.



These people are advised to get the flu vaccine.



You can get an injection to stop you getting the flu, or passing it on to other people.

This is called the *flu vaccine* or the *flu jab*.



Your doctor (GP), or a nurse or a pharmacist can give you the vaccine.





Sometimes, the injection can give you a temperature, aches and pains, or make your arm feel sore.

This will go away in a few days.



You can get the flu vaccine in Autumn time.

	<p>The flu vaccine is very safe. People all over the world get the flu vaccine every year.</p>
	<p>The flu vaccine will not stop you from getting Coronavirus (COVID-19).</p>
	<p>If you want to get the flu vaccine, contact your Doctor (GP), or your Pharmacist to make an appointment.</p>
	<p>If you need more information, please talk to your Doctor, the nurse or Pharmacist.</p>

For more information on the flu:



Visit:

www.hse.ie

and search for 'immunisation'



Visit:

www.who.int/influenza/en