

Flu Vaccine

Information for People at Risk



Information for people at risk 2020-2021

About this leaflet

This leaflet tells you about the seasonal flu vaccine. It focuses on who should get the vaccine, when and how to get it, as well as other useful information.

Please read carefully.

What is seasonal influenza (flu)?

Influenza (flu) is a very infectious illness caused by the flu virus. The virus infects the airways and the lungs.

Flu circulates in the community during the flu season. The flu season usually starts at the beginning of October and lasts until the end of April.

Can flu cause serious illness?

Yes, the flu can cause serious illness and life-threatening complications including pneumonia, bronchitis and, on rare occasions, inflammation of the brain (encephalitis).

Flu also can make chronic health problems worse.

Some people are more at risk of these serious complications including people aged 65 and older, pregnant women, and people with an underlying health condition such as diabetes and chronic lung disease.

What is the difference between a cold and the flu?

A cold usually comes on gradually with a sore throat and a blocked or runny nose and its symptoms are usually mild.

Flu symptoms start suddenly with fever, muscle aches, headaches and extreme tiredness (fatigue). It may be difficult to tell the symptoms of flu apart from symptoms of COVID-19.

What is the flu vaccine?

A vaccine is a product that helps the body's immune system (defence system) to fight against infections. Each year the flu viruses change, so each year the flu vaccine changes to provide protection from the new strains of flu virus expected.

How does the flu vaccine work?

The flu vaccine helps your immune system to produce antibodies (proteins that fight infection). If you have had the flu vaccine and you come into contact with the flu virus, the vaccine can stop you from getting sick.



Who should get the flu vaccine

We recommend the flu vaccine for:

- People aged 65 years and over
- Children aged 2-12 years (please read HSE leaflet on flu vaccine for children)
- Pregnant women (please read HSE leaflet on flu vaccine for pregnancy)
- People (adults and children) with long-term medical conditions such as diabetes, chronic heart conditions, liver conditions, kidney conditions and chronic lung disease including COPD, or neurological diseases
- People with cancer
- People whose immune system is impaired due to disease or treatment
- People who are obese who have a body mass index (BMI) of over 40
- People with Down syndrome
- Residents of nursing homes and other long-stay institutions
- Healthcare workers
- Carers
- People who live in the same house as someone who is at risk of flu because of a medical condition
- People with regular close contact with poultry, water fowl or pigs.



Why should children aged 2-12 get the flu vaccine?

Children, especially younger children, are at risk from complications of flu. Children carry the flu virus in their system for longer than adults do, so they can spread it easily to vulnerable people around them.

The flu vaccine protects children from flu and also protects vulnerable people around them, for example their grandparents.

For more information, please read the HSE leaflet about flu vaccine for children.



Why do pregnant women need the flu vaccine?

If you are pregnant, you are at higher risk of complications from flu. The flu can also affect your baby, for example, flu can cause miscarriage, premature birth and even stillbirth.

The flu vaccine protects pregnant women during pregnancy and also protects their newborn baby during their first few months of life.

If you are pregnant, please read the HSE flu leaflet for pregnant women.



Will the flu vaccine protect me against COVID-19?

No. The flu vaccine doesn't protect against COVID-19, but it's important to get the flu vaccine to protect you against the flu. Flu is a serious illness and if you get the flu you might need to be admitted to hospital.

How safe is the flu vaccine?

The flu vaccine is very safe. Flu vaccines have been given for more than 60 years to millions of people worldwide.

What are the side effects of the vaccine?

Common side effects are mild. After the flu vaccine you may get side effects including soreness, redness and swelling where the injection was given. Headaches, muscle pains and tiredness can also develop. These side effects may last for a few days.

Serious reactions are very rare; a severe allergic reaction occurs in one in a million people.

Can the flu vaccine give me the flu?

No. The flu vaccine can't give you the flu.

Who should not get the flu vaccine?

You should **not** get the flu vaccine if you have had a severe allergic reaction (anaphylaxis) to a previous dose of flu vaccine or any part of the vaccine.

You should not get the flu vaccine if you are taking two medicines called combination checkpoint inhibitors (for example, ipilimumab plus nivolumab) which are used to treat cancer.

What about people with egg allergy?

If you have egg allergy, you can get the flu vaccine. Talk to your GP (doctor) or pharmacist.

When should you delay getting the flu vaccine?

There are very few reasons why getting the flu vaccine should be delayed.

You may have to delay getting the flu vaccine if you are unwell – with a high temperature of more than 38°C – until you are better.

Where do I get the flu vaccine if I am in one of the groups for whom the vaccine is recommended?

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

If you are a healthcare worker, your occupational health department may provide the vaccine at work.

What does the flu vaccine cost?

If the flu vaccine is recommended for you, then the vaccine and the consultation with your GP (doctor) or pharmacist are free.

Please make an appointment with your GP (doctor) or pharmacist now.

Is it safe to go to your GP (doctor) or pharmacist to get the flu vaccine during COVID-19?

Yes. GPs (doctors) and pharmacists follow HSE COVID-19 guidance to prevent infection and to keep you safe when you visit their premises.

Tip: Pneumococcal vaccine

If you are 65 or older or have a long-term medical condition, you should also ask your GP (doctor) or pharmacist about the pneumococcal vaccine, which protects against pneumonia. You usually only need to get pneumococcal vaccine **once**. You can get this vaccine on the same day as the flu vaccine.

For more information see:

www.hse.ie/flu

You can also find a link to the patient information leaflet for the vaccine at www.hpra.ie. Search for Quadrivalent Influenza Vaccine (split virion, inactivated) or scan the QR code to read the relevant patient information leaflet.

National Immunisation Office

www.hse.ie/flu

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Protect yourself.
Protect others.

Plain
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