

WHO SHOULD HAVE A FLU JAB

Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within 2-7 weeks.

However, flu can be more severe in certain people, such as:

- anyone aged 65 and over

- pregnant women

- children and adults with an underlying health condition, particularly long-term heart or respiratory disease-

- children and adults with weakened immune systems

- health and social care staff directly involved in patient care

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia, a lung infection-, so it is recommended that they have a flu vaccine every year to protect them.

WHO SHOULD NOT HAVE A FLU JAB

Very few people are unable to have the flu jab, but you should avoid it if you have had a serious allergic reaction to the flu jab in the past.

People who have egg allergy may be at increased risk of reaction to the injectable flu vaccine because some flu jabs are made using eggs.

In recent years, flu jabs that are egg-free have become available. An egg-free flu vaccine isn't available from Occupational Health but your GP may be able to find a suitable flu vaccine with a low egg content. Depending on the severity of your egg allergy, your GP may need to refer you to a specialist to have the vaccination in hospital.

If you are ill with a fever, it's best to delay your flu vaccination until you have recovered.

There is no need to delay your flu jab if you have a minor illness with no fever such as a cold.

It is fine to have the flu jab while you are taking antibiotics.

Protection after having the vaccine is usually achieved 2-4 days after having the vaccine.

FLU JAB SIDE EFFECTS

Serious side effects of the injected flu vaccine are very rare. You may have a slight temperature and aching muscles for a couple of days after having the jab, and your arm may be a bit sore where you were injected.

You cannot catch flu from the vaccine.

If you notice any changes in your health after receiving the vaccine, please contact Occupational Health or see your GP.

FURTHER INFORMATION

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/2020180/Influenza_vaccination_information_document_for_healthcare_practitioners.pdf

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