

# FLU

Flu.  
I'm Ready  
For You.



**Health  
condition**

The best defence against flu is this year's vaccine.



**healthier  
scotland**  
SCOTTISH GOVERNMENT

# “Show flu who’s boss.”

## **Flu vaccination.** **The facts.**

1. Anyone with a health condition is more vulnerable to flu and needs extra protection. Even if you’re young, fit and healthy, and your condition is normally under control.
2. If you’re aged 65 or over you should also get extra protection.
3. It’s the safest and most effective way of protecting yourself.
4. It contains no live viruses, so it cannot give you flu.

## **The best defence against flu.**

- The vaccine takes around 10 days to work, so the sooner you get it the better.
- The vaccine helps to protect against this year’s flu. You have to be vaccinated 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 flu, but it can help stop you catching it.
- It’s quick, safe and free to everyone in Scotland who has an underlying medical condition, is aged 65 or over, or is caring for someone who could be vulnerable.

## **Why should you fight flu?**

Flu is more than a bad cold. Even young, healthy people with flu can feel unwell for a week or more. In the most serious cases, flu can bring on other complications, which can, in extreme cases, result in death.

## **Who's most at risk?**

Anyone with a health condition is at particular risk from flu. It doesn't matter how young or old you are, how well you usually feel, or whether your health condition is normally under control.

Conditions and diseases which make flu more dangerous include: asthma, bronchitis, emphysema, cystic fibrosis, chronic heart disease, chronic kidney failure, multiple sclerosis, liver problems such as cirrhosis/hepatitis, diabetes, asplenia or dysfunction of the spleen, being very overweight and HIV infection. Anyone undergoing chemotherapy treatment should also get vaccinated.

And, if you have children who suffer from a health condition, they should be vaccinated too. Anyone 65 or over should also be vaccinated.

What's more, if you provide care for older people, anyone frail, anyone with a physical or mental illness, anyone with an addiction or disability, you're eligible for the flu vaccine. This includes children or young people under 18 carrying out significant caring tasks for another person.

## Get the vaccine in your corner.

The flu vaccine is available from October to March. The earlier you get it, the less likely it is that you will get flu.

Simply contact your GP practice to make an appointment. It only takes a few minutes to get vaccinated and it'll help to keep you well over the winter.



### Why risk it?

Scotland's Chief Medical and Chief Nursing Officers recommend anyone with an underlying health condition (no matter how young they are or how fit and healthy they normally feel) and people over 65 have the vaccine every year.

**Contact your GP practice today to make an appointment.**

 **[immunisationscotland.org.uk/flu](http://immunisationscotland.org.uk/flu)**

 **NHS inform 0800 22 44 88**

To order additional copies email  
**[nhs.healthscotland-flu@nhs.net](mailto:nhs.healthscotland-flu@nhs.net)**

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