Mae Brechu yn achub bywydau
Vaccination saves lives

GIG CYMRU NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales

Flu vaccine

Information for people having the flu vaccine by injection



Mae'r daflen hon ar gael yn Gymraeg. You can get this leaflet in Welsh.



About flu

Flu is an illness that can make you feel very ill.



Lots of people get flu every year.
It can spread easily to other people by coughing or sneezing.

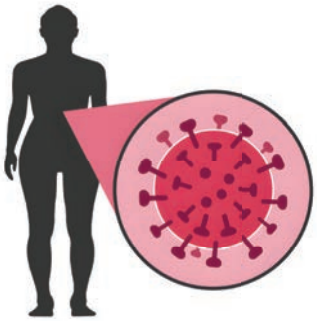


Flu can be very serious.
It can make some people very poorly and have to go into hospital.



It is really important to try to protect yourself from flu.

What is a vaccine



A **vaccine** is a medicine that helps to keep you safe from catching an illness.



After you have the vaccine, your body knows how to fight the illness if you catch it in the future.



Getting a vaccine is usually done by giving you an injection at the top of your arm.



Babies aged 6 to 12 months have the injection in the top of their leg.



Most children aged 2 to 17 years old have the flu vaccine as a spray up their nose.

They don't need to have an injection.



It can take 2 weeks for the flu vaccine to start working.



The flu vaccine is very safe.
It will not give you flu.



The flu vaccine may not always stop you from catching flu.

But it can help make you less poorly if you do catch it.



The flu vaccine can also help to stop you from passing flu onto other people.



You should have the flu vaccine every year to protect you from flu.

Who can have the flu vaccine



Some people have more chance of being very poorly with flu.



You should have the flu vaccine if you:

- Are pregnant.



- Are aged 65 or older.



- Are aged 6 months to 64 years old with a **long term health condition**.

  A **long term health condition** is something that affects your body for 12 months or more.

  Things like problems with your heart or breathing.



- Have a learning disability.



- Have a serious **mental health problem**.

  Mental health is things like your thoughts, feelings and how you cope in everyday life.



Some other groups of people should also have the flu vaccine.



You should have the vaccine if you:

- Care for other people.



- Live or work with people who have more chance of being poorly if they catch flu.



- Have a job working closely with chickens, cows or pigs.

Getting your flu vaccine



It is quick and easy to get the flu vaccine.



You can usually get it from September and October.



You should have the vaccine as soon as you are offered it.



Speak to your local doctors or ask at the chemist to find out where you can have the vaccine.



You can have the flu vaccine at the same time as most other vaccines.



The doctor or nurse will talk to you about this at your appointment.



If you are worried about needles, tell the person who is giving you the vaccine. They will support you.

What to do if you are ill when it is time to have the vaccine



If you are unwell, it is best to wait until you feel better.



You should cancel your appointment and make a new one.

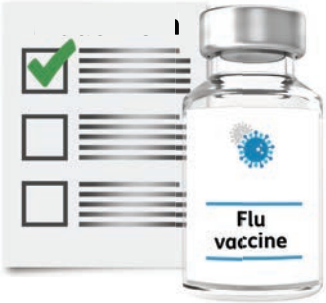
But you should try to have the vaccine as soon as possible.

Who should not have the vaccine



Most people who are allergic to something can have the flu vaccine with no problems.

You should **not** have the vaccine if you:



- are allergic to something that the vaccine is made from and it gives you a **serious reaction**

or



- have had a **serious reaction** to the flu vaccine before.



A **serious reaction** is when:

- You find it hard to breathe.



- You feel confused, faint and you cannot be woken up.



- Your face, neck or tongue start to swell up.



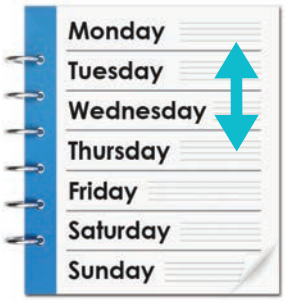
Tell the person giving you the vaccine if you have had a serious reaction to the vaccine before.

Side effects



Side effects are things that might happen to you after you have had the vaccine.

Not everyone has side effects.



Any side effects should only last for 1 or 2 days.



Things you might feel after the flu vaccine are:

- Having a sore arm where you had the injection.



- Having a headache.



- Having aches in your body.



- Feeling tired.



- Not feeling hungry.



- Pooing a lot or having more runny or soft poo than is normal for you.



- Feeling shivery.

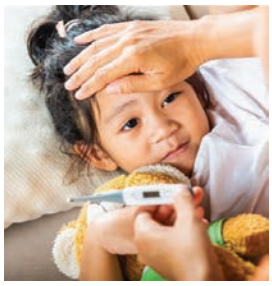


- Feeling sick.



Babies and young children might also:

- Be sick.



- Have a high temperature of more than 38 degrees on a thermometer.



- Not feel very hungry.



- Be upset or cry a lot.



- Be very sleepy.



If you are worried about side effects, speak to your local nurse or doctor.

More information



If you want more information about the vaccine, you can speak to your doctor.



You can also phone NHS 111 Wales.

Phone 111

It is free to call this number.



You can look on the Public Health Wales website:

phw.nhs.wales/vaccines



To find out how the NHS uses your information, visit:

111.wales.nhs.uk/AboutUs/Yourinformation

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