



FLU VACCINATION CAMPAIGN



Flu (influenza) is a respiratory infection that is easily spread from person to person caused by flu viruses. It is easily spread from person to person.

It is spread by coughing or sneezing (by droplets that are expelled).

In contact with the skin (especially hands) or oral with sick people suffering from influenza.

By touching or share utensils (covered, glasses...) and other objects without properly cleaning them.

Flu strains often change. So new flu vaccines are produced each year which is why people advised to get the flu shot need it every year too.

The best time to get the flu vaccine is in the autumn, from October to November.

The viruses in the flu shot are dead, it cannot give you the flu. It does not protect from the common cold, which does not have a vaccine.

It is contraindicated in case of acute illness, and if there has been any allergy to a previous dose or to any component of the vaccine.

Get vaccinated against flu!

if you do not want to suffer a disabling illness, and specially:



If you have chronic illnesses such as asthma, diabetes, cardiovascular diseases...



If you are pregnant



If you have morbid obesity



People who make essential services for the community: police, firefighters, civil protection personnel, etc.



Professionals of home care for people of high risk (nursing, volunteering, etc.)



If you are over 60 years old



Workers of institutions such as geriatric homes or centers of chronic patients, who have contact with patients or residents



International travelers: people who go to tropical areas in any time of the year or in the southern hemisphere between April and September



Health professionals

After the flu jab you may get soreness, redness, or swelling where you got your shot applies cold in the area, about 15 minutes and always putting a cloth or paper between the ice pack and the area of the shot.

If the discomfort is very intense, you can take a painkiller like paracetamol.

Other people may get mild fever and feel tired or achy afterward, stay hydrated drinking water or infusions...

More info: www.nhs.uk/conditions/vaccinations/pages/flu-influenza-vaccine.aspx

In case of doubt call 061.

www.webmd.com/cold-and-flu/flu-guide/flu-shot-facts#1
www.cdc.gov/flu/

www.prevencontrol.com · 902 112 124