

## **Don't risk it!**

Listen to the experts. Scotland's Chief Medical and Chief Nursing Officers recommend that anyone with an underlying health condition (no matter how young they are or how fit and healthy they normally feel) and anyone aged 65 and over should have the vaccine every year. Pregnant women are also at risk, and should also have the vaccine.

Contact your GP practice today to make an appointment, or for more information visit [immunisationscotland.org.uk/flu](http://immunisationscotland.org.uk/flu) or call **NHS Inform on 0800 22 44 88**

# FLU

**Flu.  
I'm Ready  
For You.**



**2015**

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

**NHS**  
SCOTLAND

 **healthier  
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SCOTTISH GOVERNMENT

## Why you need to fight flu.

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

### Am I eligible for a free flu vaccination?

- Anyone under 65 with existing health conditions (such as asthma, diabetes, cystic fibrosis, multiple sclerosis and other heart, lung and liver problems).
- Pregnant women – getting the flu vaccine protects you and your baby.
- Anyone aged 65 or over – you're more at risk, so make sure you're protected.
- Anyone undergoing chemotherapy treatment.
- Carers of any age, who provide care for older people, anyone frail, people with a physical/mental illness, those with a disability or an addiction.

The earlier you get a flu vaccination, the less likely you are to get flu.

## Get the facts, and show flu who's the boss.

1. This year's free flu vaccine is the safest and most effective way of protecting yourself against flu.
2. It contains no live viruses, so it cannot give you flu.

3. If you have a health condition, you're more vulnerable to flu and need extra protection. Even if you're young, fit and healthy, and your condition is normally under control, you need extra protection.
4. If you're pregnant, getting the flu vaccine is safe for you and your baby, and can be given at any stage of your pregnancy.
5. It reduces the risk of spreading flu to your family, colleagues or people in your care who could be vulnerable to the virus.

## The best protection against flu.

- The vaccine takes around ten days to work, so the sooner you get it the better.
- The vaccine helps to protect against this year's flu. Which means you have to be vaccinated every year, because the virus changes constantly and your immunity reduces over time.
- It's quick, safe and free to everyone who is eligible.

## 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.