

FLU FREQUENTLY ASKED QUESTIONS

Why is it important to get vaccinated for influenza or flu?

The complications from influenza or flu can cause several illnesses and in extreme cases death. It is important to get vaccinated every year as new variants and strains will be circulating that may be immune to previous vaccinations. Having a flu vaccination helps prevent and reduce symptoms.

Why do we have the flu vaccine every year?

The flu virus changes every year. Hence, the composition of the vaccine is changed every year. Also, the protection of the flu vaccine will reduce over time. In order to accommodate the strains, it is important to get a flu jab every year.

Will the flu vaccine give you flu?

Flu vaccination is not a live vaccine, which means that it is not a small dose of flu to help your immune system build its defences. It acts like a blocker to prevent the influenza virus from attaching itself to your cells. When you get vaccinated, it will take 10-14 days to give you the protection. Some people may get side effects but these usually only last for around 24 hours. It is certain that the flu vaccine will not give you flu.

What are the main side effects of flu vaccine?

Some people might have side effects from the flu vaccine. The main side effect is a sore arm at the injection site and can be treated with standard painkillers like Paracetamol or Aspirin.

Why should I have the flu vaccine if I have never had the flu?

Getting vaccinated for the flu helps to prevent you from getting the flu and reduces the symptoms should you become infected. With the complications that influenza can cause, it helps to reduce the risk of everybody coming into contact with you. Every person that has a flu vaccination reduces the risk to everyone they come into contact with. If you are incubating the flu virus, you have the potential to spread it to other people, including those who are vulnerable or young, causing prolonged medical complications and issues for them.

I've recently had a flu, should I still have a flu vaccination? And how long should I wait after I'm over the flu to get vaccinated?

It is still recommended to get the flu vaccination if you have recently recovered from influenza. It will take 10-14 days to get a good immune response from the flu vaccine, so as soon as you have no fever and are feeling healthy, you should get the flu jab in.