

Flu

**Aged 65
or over?**

Fact:
Flu can be life
threatening.

2019 edition

Trust the facts.
Get the vaccine.

www.flufacts.scot



**Healthier
Scotland**
Scottish
Government

Flu facts

- Influenza (flu) is a highly infectious disease that can hit anyone, with symptoms that come on very quickly.
- If you're aged 65 or over you need extra protection because your immune system doesn't fight infection as well as you get older.
- The flu vaccine contains no live viruses, so it can't give you or people around you flu.
- The flu vaccine is the safest and most effective way to help protect yourself.

The vaccine is the best defence against flu

- Scotland's Chief Medical Officer recommends you have the free flu vaccine every year if you are aged 65 or over.
- You have to be immunised every year because the virus changes constantly and your immunity reduces over time.
- It takes around 10 days to work, so the sooner you get it the better.

Where and when to get the flu vaccine

The flu vaccine is available from October to March. The sooner you get it the better.

If you're aged 65 or over by 31 March 2020, you'll receive a letter through the post in early October asking you to contact your GP practice to make an appointment.

It only takes a few minutes to get the vaccine and could help to keep you well over the winter.



If you provide care for someone, you may also be eligible for the flu vaccine.

Speak to your GP or nurse for more information.

Trust the facts. Get the vaccine.

The flu vaccine is available from October to March. The sooner you get it the better.

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

For more information:

 www.nhsinform.scot/flu

 **NHS inform 0800 22 44 88**

This resource may also be made available on request in the following formats:



 www.nhsinform.scot/flu – Click Further Information

 **0131 314 5300**

 nhs.healthscotland-alternativeformats@nhs.net

Mandarin 提供简体中文（普通话）版本

Polish Dostępny w języku polskim

Arabic متاح باللغة العربية