



# FLU VIRUS & VACCINATION



*The best defense against the flu?  
We say, get vaccinated.*

**It's best to get the flu vaccine before winter sets in.**

This is because winter is the time when you are **most likely** to come into **contact with the flu**. It takes about **2 weeks** for your flu vaccination to be most effective. Even if you haven't had the vaccination before winter, you **can still get vaccinated** and prevent flu later on.

Getting the **flu jab** is **one of the best things you can do** – because more people getting the jab means fewer people who will need treatment for flu at a time when hospitals are already under pressure with COVID-19 cases and other pressures.

With coronavirus still circulating, it's important to **reduce your risk** of getting both illnesses at once, which could make you even more unwell.

## Key reasons to get a flu vaccine?

Every year, **flu vaccination** prevents illnesses, medical visits, hospitalisations, and deaths.

It's a **preventive tool** for people with **chronic health conditions**.

Your protection from a flu vaccine declines over time, so it's a good idea to **go annually for a vaccine** to ensure your protection.

Although there's still a chance you might get flu after vaccination, **it's likely to be milder** and not last as long.