

Your Flu Vaccination

Frequently Asked Questions

Please read this information before attending your appointment.
It will help us run the clinic safely and efficiently.



Help
protect
yourself
and others

BEFORE YOUR APPOINTMENT



Wear clothing that allows **easy access** to the top of your arm.



Arrive at your **allocated appointment time**.



Let us know **before your vaccination** if you are feeling unwell or if anything about your health has changed.



Have details of any previous serious reaction to a vaccination available if relevant.



I have a cold – can I still have my flu vaccination?

Usually, yes. A minor illness such as a cold, without a high temperature, would not normally prevent you from having the flu vaccine.

If you are acutely unwell or have a high temperature, your vaccination may need to be postponed until you have recovered.



I am taking antibiotics – can I still have the vaccine?

In most cases, yes. Taking antibiotics does not in itself prevent you from having a flu vaccination.

What matters is how unwell you are and why you are taking them.



Can the flu vaccine give me flu?

No. The injected flu vaccine cannot give you flu. You may experience mild side effects such as a sore arm, aching muscles, headache or tiredness. These are generally short-lived.



I had a flu vaccination last year. Why do I need another one?

Protection reduces over time and the viruses can change from year to year. This is why eligible patients are offered a flu vaccination each year.



How long does the vaccine take to work?

It generally takes around two weeks for your body to develop protection following vaccination.



Will the vaccine definitely stop me getting flu?

No vaccine provides 100% protection. However, it reduces your risk of becoming seriously ill from flu and can reduce complications.



I have an egg allergy – can I have the vaccine?

Please tell the vaccinator before your vaccination. Many people with an egg allergy can still safely receive a flu vaccine. The appropriate vaccine will depend on the severity of any previous reaction. **Please don't cancel your appointment – contact us if you are unsure.**



I am pregnant – can I have the vaccine?

Yes. Flu vaccination is recommended during pregnancy and can be given at any stage. It helps protect both you and your baby.



I am breastfeeding – can I have the vaccine?

Yes. You can have the flu vaccination while breastfeeding.



I take blood-thinning medication – can I still have the vaccine?

Usually, yes. Please tell the vaccinator if you take medication such as warfarin, apixaban, rivaroxaban, edoxaban or dabigatran, or if you have a bleeding disorder.



Can I have other vaccinations at the same time?

Some vaccines can be safely given at the same appointment. Ask the vaccinator.



Which arm will the injection go into?

Usually the vaccine is given into the muscle at the top of either arm. Let the vaccinator know if there is a reason why a particular arm should not be used.



Can I drive or go back to work afterwards?

Yes. Most people can continue their normal activities, provided they feel well.



What if I feel unwell after the vaccine?

Mild side effects are common and usually settle quickly. If symptoms are severe, persistent or cause concern, seek medical advice.



Do I need to wait after my vaccination?

Most people do not need to wait after a flu vaccine. The vaccinator will tell you if you need to stay.



What if I no longer want or need my appointment?

Please cancel as early as possible so we can offer the appointment to another patient. **Flu clinics are extremely busy and unused appointments reduce the number of patients we can protect.**



HELP US KEEP THE CLINIC MOVING

- ✓ Arrive at your allocated time
- ✓ Wear clothing for easy access
- ✓ Have your arm ready
- ✓ Tell us about important allergies or previous reactions
- ✓ Follow clinic signs and staff directions

There is no need to telephone the practice with routine questions.



Thank you for having your flu vaccination.
It helps protect you, your loved ones and our community.

