

Will the flu vaccine protect me completely?

Most people who have the flu vaccination will not get flu. However, like any vaccine, it does not give complete protection. When the vaccine is well matched to the circulating virus strains, then around three-quarters of those vaccinated are likely to be protected. The rest may have some protection that could reduce the severity of their symptoms.

How long will I be protected for?

The vaccine should provide protection throughout the 2014/15 flu season.

What do I need to do now?

If you belong to one of the groups mentioned in this leaflet, it's important that you have your flu vaccination. The vaccines are normally available from the beginning of September, depending on supplies.

Speak to your GP or practice nurse, or alternatively your local pharmacist, to book a vaccination appointment and get the best possible protection.

The flu jab is free. So make an appointment with your GP surgery.

Organisations wishing to protect their employees against flu (unless they are at risk) will need to make arrangements for the vaccinations to be given through their occupational health departments. These vaccinations are not available on the NHS and will have to be paid for by the employer.

If you are a health or social care worker, find out what arrangements have been made at your workplace for providing flu vaccination.

It is best to have the flu vaccination in the autumn before any outbreaks of flu. Remember that you need it every year, so don't assume you are protected because you had one last year.

For more information about how to protect yourself and your family this winter visit www.nhs.uk/livewell/winterhealth/Pages/Winterhealthhome.aspx

