**Flu jab**

Flu (influenza) can have serious consequences. Especially if you have diabetes, heart, lung or kidney disease or impaired immunity. Or if you are aged 60 years or over. The flu jab is the best way to protect you against flu. Even if you feel healthy now.

**Flu and its possible consequences**

Flu is highly contagious. On average, 4,700 people die from flu each year. Flu can cause you to develop pneumonia or heart problems. If you have an **health condition** (e.g. diabetes), it may get worse. Your health may be permanently affected even after you recover from the flu.

1 in 15 people get flu each year. On average, 4,700 people die from flu each year.

**The flu jab provides protection**

- The flu jab is the **best way to protect you** against the serious consequences of flu.
- By getting the flu jab, you also help protect **others**.
- You will **not get** flu from the flu jab.

- Getting the flu jab means you are **30% less likely to get the flu**.
- Even if you do get the flu, you will often be less seriously ill.
- You will have around a **40% lower chance of ending up in hospital** with flu.

**A new flu jab every year**

Various types of flu virus exist. These viruses are constantly changing. That is why a **new flu vaccination** is made every year. Sometimes the virus changes, or another flu virus becomes dominant. In that case, the flu jab is slightly less effective, but **still offers protection**.

More information:
- www.rivm.nl/griepprik-vertalingen
- www.rivm.nl/griepprik
- www.thuisarts.nl/griep

More information:
- Daha fazla bilgi:
  - www.rivm.nl/griepprik-vertalingen
  - www.rivm.nl/griepprik