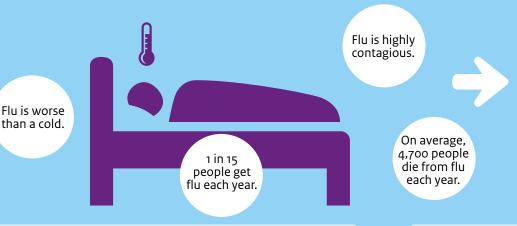
## Flu jab

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 can cause you to develop pneumonia or heart problems.



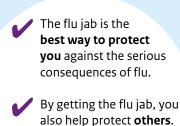
If you have an health condition (e.g. diabetes), it may get worse.

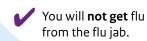


Your health may be permanently affected even after you recover from the flu.



## The flu jab provides protection







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

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: Daha fazla bilgi: معلومات اكثر www.rivm.nl/griepprik-vertalingen More information: www.rivm.nl/griepprik www.thuisarts.nl/griep



