

Flu vaccine

Flu (influenza) can have serious consequences. You are at higher risk if you have diabetes, cardiovascular disease, lung or kidney problems, or are immunocompromised, or if you are aged 60 years and older. The flu vaccine is the best way to protect yourself against flu. This applies even if you feel healthy right now.



About the flu

- Flu is worse than a common cold. It is very contagious.
- 1 in 15 people in the Netherlands will get flu every year.
- On average, 4,700 people in the Netherlands die from flu every year.
- Flu can lead to pneumonia.
- If you have an existing health condition (such as heart problems or diabetes), flu can make it worse.
- After flu, you may have permanent health impacts.



The flu vaccine offers protection

- The flu vaccine is the best way to protect yourself against the serious consequences of flu.
- By getting the flu vaccine, you also protect others.
- You cannot get flu from the flu vaccine.

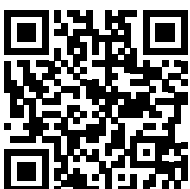
Why is the flu vaccine important?

- If you get the flu vaccine, you are about 35% less likely to get the flu.
- Even if you do get the flu, you are less likely to become seriously ill.
- Hospital admission due to flu is about 40% less likely.



A new flu vaccine every year

- There are various types of influenza viruses that cause flu. These viruses are constantly changing.
- That is why a new flu vaccine is made every year.
- Sometimes the virus mutates or a different flu virus becomes dominant. If that happens, the flu vaccine will be slightly less effective, but still offers protection.



Other languages:

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Do you have any questions?

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