

Flu vaccine

Flu (influenza) can have serious consequences for your health. 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, 4,000 people die every year from flu.
- 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?

- You have about 40% less chance of getting the flu.
- If you get the flu, you are less likely to get seriously ill.
- You are more than 40% less likely to be hospitalised due to the flu.



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.



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