



EAST CORK FLU VACCINE CLINIC

FLU VACCINE 2020

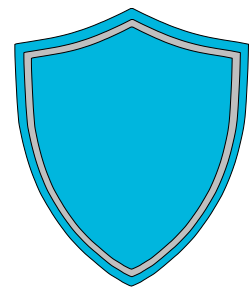


INFLUENZA

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness. The best way to prevent flu is by getting a flu vaccine each year.

HOW DOES IT WORK?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are used to make the vaccine.



"BUT I GOT MY VACCINE LAST YEAR..."

A flu vaccine is needed every Winter. Since Flu viruses are constantly changing, flu vaccines may be updated from one season to the next to protect against the viruses that research suggests may be most common during the upcoming flu season.

FLU VACCINE & COVID-19

There is no evidence that getting a flu vaccine increases the risk of getting COVID-19. In the context of the COVID-19 pandemic, it's even more important to do everything possible to reduce illnesses and preserve scarce health care resources.



WILL IT WORK RIGHT AWAY?

The effectiveness of the Flu Vaccine can usually be felt ~2 weeks after your vaccination. However, it's possible to get sick with flu even if you have been vaccinated.

WHAT ARE THE SIDE EFFECTS?

Some of the side effects include:

- Soreness
- Redness
- Swelling where the shot was given
- Headache
- Fever
- Muscle aches
- Nausea
- Fatigue

