

Influenza vaccine

Flu is a contagious respiratory illness, caused by flu viruses. It varies in severity from mild to severe and at sometimes it could be fatal.

Who should be vaccinated?

- Old people over 50 years and older.
- High-risk medical conditions, people with low immune system, diabetics, asthmatics, and who have chronic disorders of the heart, lungs and blood.
- Pregnant women.
- People who work at hospitals.
- All children from 6 months till 2 years.
- Care givers of high-risk old people or young children.
- Frequent travelers.

If I took the shot; will I get the flu??

No, flu vaccine is very safe, because the viruses in the vaccine are already dead. Yet some people may catch a cold a week or two after immunization, and usually this is not related to the vaccine.



But as any medication, flu vaccine has some side effects like swelling and soreness where you get the shot, and it goes away within a day or two.

If I took it last year; shall I repeat it this year??

Yes. Because these viruses vary from year to year, so in order to be protected you should receive the shot every year.

