

How does the flu jab work?

The flu jab is an injection and is the best way to protect you against getting really ill with flu. **If you don't want to have an injection then it can be given by a spray in your nose instead.** The injection is better though.



- After you have had the injection you might have a sore arm or feel a bit achy or have a fever for a day or two.

- The flu injection **CANNOT** give you the flu.

- If you are unwell on the day of your injection then wait until you are better before having the flu jab.



Always speak to your doctor **BEFORE** having any injection, especially if you have never had it before or are allergic to eggs.

Don't delay book your flu jab today.