

AFTER YOUR INFLUENZA IMMUNISATION

You need to wait at the clinic or surgery for 20 minutes after the vaccine is given. This is to make sure treatment is quickly available if a rare, severe allergic reaction occurs.

Common reactions are the body's normal response to immunisation and usually resolve after a day or so. If these symptoms continue and/or get worse, talk to your healthcare professional.

Common reactions	What to do
Pain and/or redness at the site of injection	A cold damp cloth can be held on the injection site
Less common reactions	What to do
Feeling unwell or tired	Rest and drink plenty of fluids
A mild fever or aching muscles	If you feel uncomfortable consider taking paracetamol*

*When taking paracetamol follow the manufacturer's instructions or seek advice from your healthcare professional.

It takes up to two weeks for your body to start developing protection against influenza. If you're exposed to the influenza virus before or soon after immunisation, you can still get influenza.

Remember, the influenza vaccine protects against a serious viral illness. It doesn't protect against the common cold or the other viruses and diseases in circulation.



AFTER YOUR CHILD'S INFLUENZA IMMUNISATION

You and your child will need to wait at the clinic or surgery for 20 minutes after the vaccine is given. This is to make sure treatment is quickly available if a rare, severe allergic reaction occurs.

Common reactions are the body's normal response to immunisation and usually resolve after a day or so. If these symptoms continue and/or get worse talk to your healthcare professional.

Common reactions	What to do
Pain and/or redness at the site of injection	A cold damp cloth can be held on the injection site
Less common reactions	What to do
Feeling unwell or tired	Rest and encourage your child to drink plenty of fluids
A fever or aching muscles	If your child feels uncomfortable consider giving paracetamol*

*When taking paracetamol follow the manufacturer's instructions or seek advice from your healthcare professional.

It takes up to two weeks for the body to start developing protection against influenza. If your child is exposed to the influenza virus before or soon after immunisation, they can still get influenza.

Remember, the influenza vaccine protects against a serious viral illness. It doesn't protect against the common cold or other viruses and diseases in circulation.

