



Flu vaccine

Information about the flu vaccine
for people with lung conditions



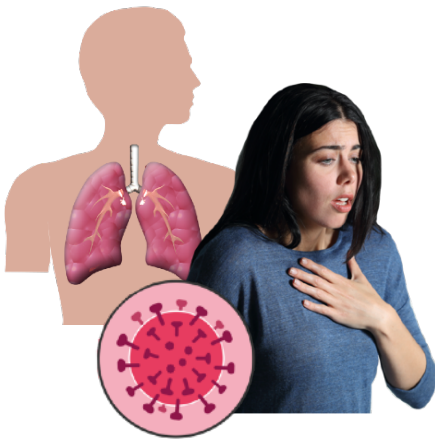
What is flu



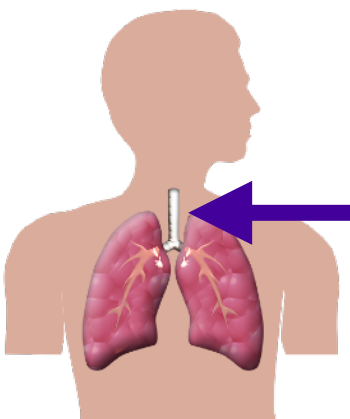
Flu is a virus that can make you feel very ill. It can spread easily to other people.



Flu can be very serious. It can make people very poorly and need to go to hospital.



People with a **lung condition** have more chance of getting very poorly from flu.



Your lungs help you to breathe.

A **lung condition** can affect your lungs and the tubes that go from your mouth to your lungs.

The tubes are called your **airways**.



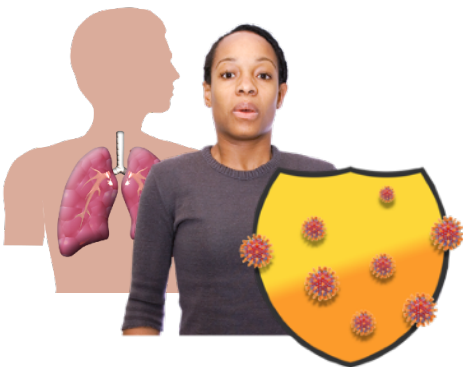
A lung condition could be things like:

- **Asthma.** If you have asthma, your airways can swell up. This can make it hard to breathe.



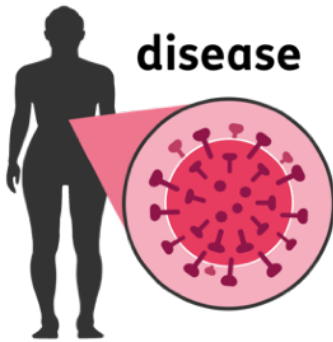
- **COPD.** COPD is short for **chronic obstructive pulmonary disease.**

COPD is an illness that is caused by your airways being swollen and damaged. This makes it difficult to breathe.



It is really important to try to protect people with a lung condition from getting flu.

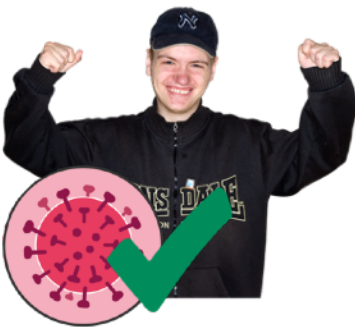
What is a vaccine



A **vaccine** is a way of protecting people. It can help stop you from catching a virus.



A little bit of the virus is put safely into your body.



Your body learns how to fight this little bit of virus. If you catch the virus in the future, your body knows what to do.



You can get a vaccine to help protect you from flu.



Getting the vaccine is usually done by giving you an injection.



Children can have the vaccine in a spray up their nose.

Having the flu vaccine



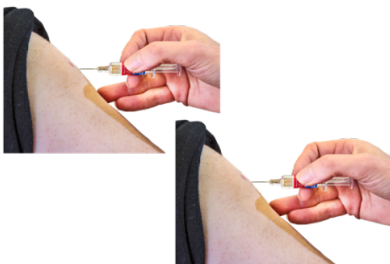
The flu vaccine will help to protect you from flu.



It will not make you poorly or give you flu.



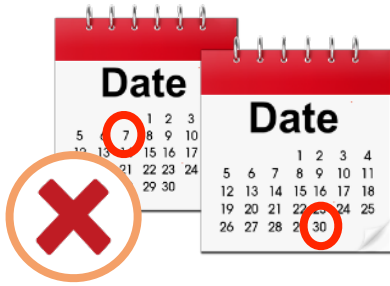
You can have the vaccine if you are pregnant, or thinking of getting pregnant. The vaccine will not harm your baby.



It is safe to have the flu vaccine at the same time as vaccines for other diseases.



If you are unwell when it is time to have the vaccine, you should wait until you feel better.



You should cancel your appointment and make a new one.



Your child may be offered an injection instead of the nose spray if:



- they are feeling very unwell and finding it hard to breathe

or



- they have had an **asthma attack** in the last few weeks. An **asthma attack** is when someone feels they cannot breathe properly.

Side effects

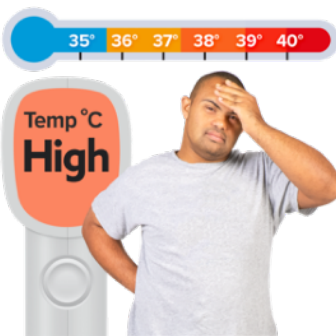


Side effects are things that might happen to you after you have had the vaccine.

Not everyone has side effects.



After you have had the vaccine, you might have a sore arm where the needle went in.



Some people might feel poorly after the vaccine. They might have a **high temperature** or aches and pains.

A **high temperature** is a temperature over 38 degrees on a thermometer.

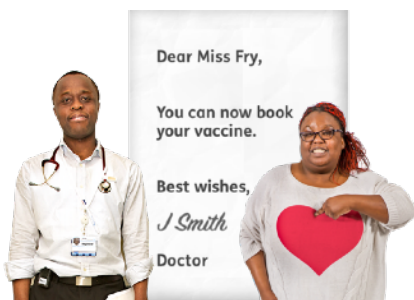


This is normal. You should feel ok after a few days.

How to get your flu vaccine



You can get your vaccine at your local doctors.



Your doctor will tell you when it is time to come for your vaccine.



They will write to you, or send you an email or text.



You do not have to wait for an invite from your doctor to have the vaccine. If you are 18 or older, you can ask your local chemists.



Lots of chemists give vaccines. They are often open for longer than doctors surgeries.

Your local chemist might give vaccines on evenings and weekends.

Paying for the flu vaccine



Most people with lung conditions can get the flu vaccine for free.



This includes people with asthma who use **steroids**. **Steroids** are a type of medicine that is used to treat asthma.

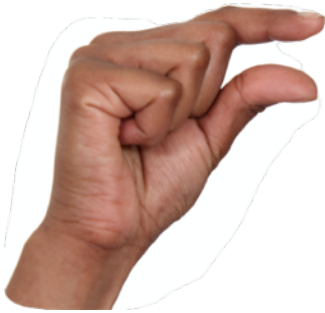


Your local doctor or chemists can tell you if you can get the vaccine for free.

Gelatine in the flu vaccine spray



Gelatine is a type of food. It is made from parts of animals like pigs.

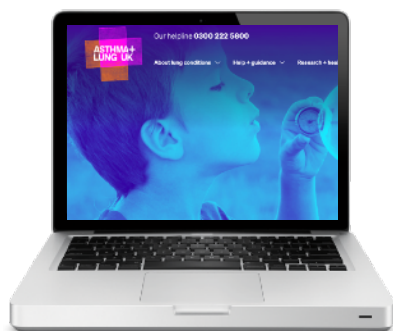


There is a little bit of gelatine in the flu vaccine spray. There is no gelatine in the injection.



If your child does not have things with gelatine in, they should have the injection instead. You can ask your local doctor.

Contact us



For more information about living well with a lung condition visit our website:
www.asthmaandlung.org.uk



If you have any questions, or for more information, you can speak to one of our nurses. You can call us on:
0300 222 5800



We are open from **9am to 5pm** Monday to Friday.



We can get you an **interpreter** if you need one. This is someone who understands English and your own language.



If you need an interpreter, you will need to tell us:

- your name.



- the phone number you want us to call you on.



- the language you want to talk to us in.