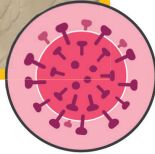




Information about the flu vaccination for people with asthma



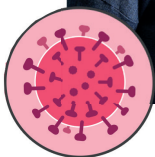
What is flu



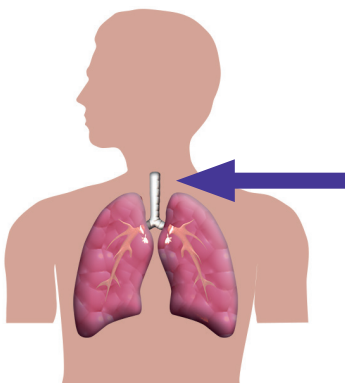
Flu is a disease that can make you feel very ill. It can spread easily to other people.



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



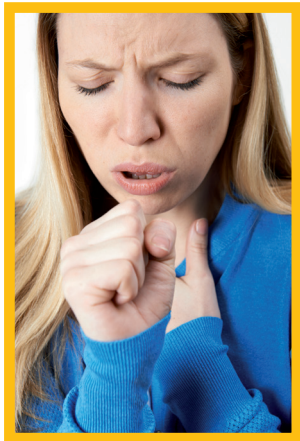
People with **asthma** are more at risk of getting very poorly from flu.



Asthma is an illness that affects the tubes that go from your mouth to your lungs.



If you have asthma, your tubes can swell up. This can make it hard for you to breathe.

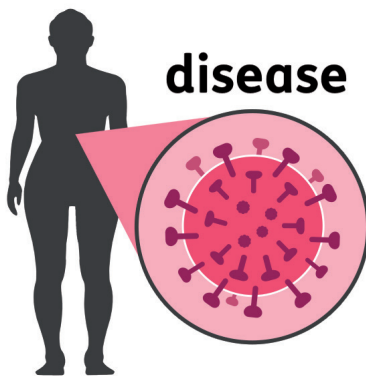


Flu can make your asthma worse.



It is really important to try to protect people with asthma from flu.

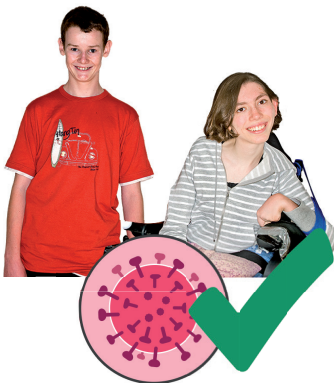
What is a vaccination



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



A small part of the disease is put safely into your body.



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



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



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

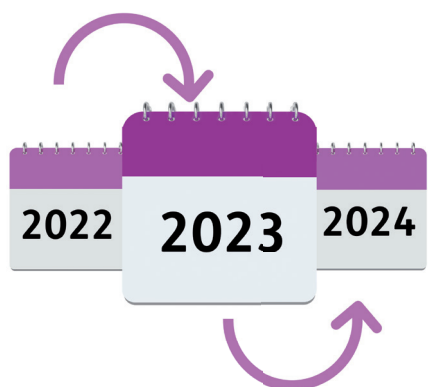


About the flu vaccine

The flu vaccine is safe for people with asthma. It will not make your asthma worse.



You need 1 injection for the flu.

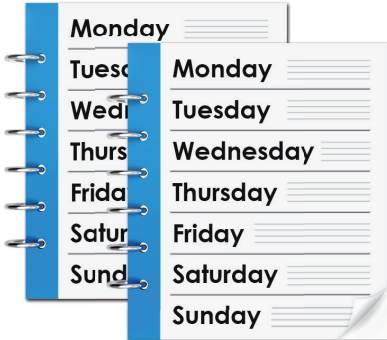


To protect you in the best way, you should have the flu vaccine every year.



Getting the vaccine

The flu vaccine will not give you flu.



It will take 2 weeks for the flu vaccine to work properly.

The vaccine will:



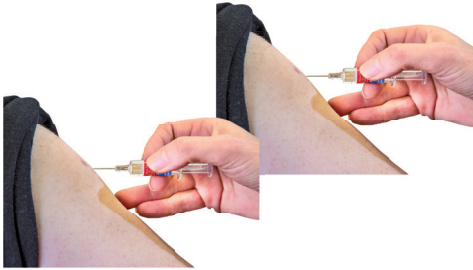
- not stop you from getting flu completely. But it will help to stop you from getting very poorly



- help to stop you from passing flu onto other people



- help to stop you from being very poorly if you get flu and COVID-19 at the same time.



You can have the vaccine at the same time as vaccines for other diseases.



You should have the vaccine as soon as you are offered it.

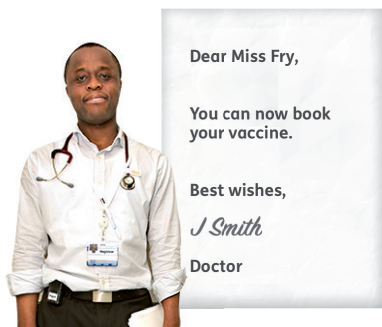
How to get your vaccine



It is very easy to get the flu vaccine.



Most people with asthma can have the flu vaccine for free.



Your doctor will send you an invitation to have the vaccine.



You can have the vaccine at your local doctors surgery or chemist.



If you did not get an invite, you can book an appointment yourself.



If you are 18 or older you can have your flu jab at your local pharmacy. Find out which pharmacies give the flu jab for free on the NHS website:

[www.nhs.uk/nhs-services/
prescriptions-and-pharmacies/
pharmacy-nhs-flu-vaccine-service/](http://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/pharmacy-nhs-flu-vaccine-service/)



How you are offered the flu vaccine is different across the UK.

Here are some websites that give more information



Flu vaccines in England

www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/



Flu vaccines in Scotland

www.nhsinform.scot/flu-vaccine



Flu vaccines in Wales

phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccinationinformation/patient-information/fluand-covid-19-a-guide-for-adults/



Flu vaccines in Northern Ireland

www.nidirect.gov.uk/articles/flu-vaccine



Paying for the flu vaccine

Steroids are a type of medicine that is used to treat asthma.



If you use **steroids** for your asthma, you will get the flu vaccine for free.



If you cannot get the flu vaccine for free, you can pay to have it.



You can pay to get the vaccine at your local chemist. It usually costs about £15.



It is a good idea for your friends and family to have the vaccine too.

They might have to pay to have it.



The vaccine will help to protect both them and other people.

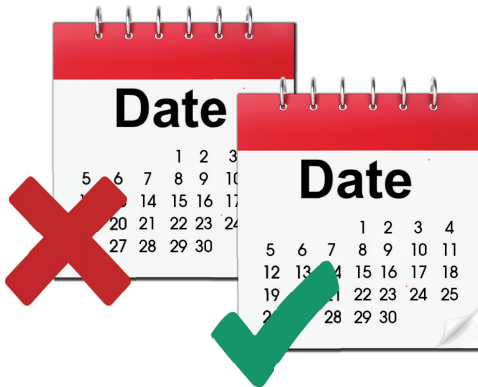
What to do if you are ill when it is time to have the vaccine



If you are unwell, you should speak to your doctor or asthma nurse.



They will tell you if you can still have the vaccine.



You might need to cancel your appointment and make a new one.



But you should try to have the vaccine as soon as possible.



Side effects

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



Any side effects should only last for 1 or 2 days.

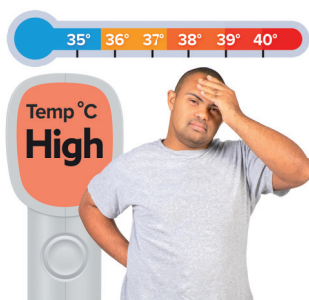


Not everyone has side effects.



Things you might feel after the flu vaccine include:

- having a sore arm where you had the injection



- having a high temperature

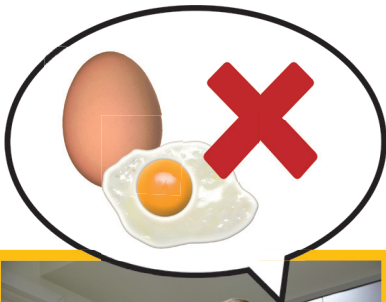


- having aches in your body



If you have allergies

Most people with allergies can have the flu vaccine.



If you have a serious egg allergy, you should tell the person giving you the vaccine.

They will check to make sure it is ok for you to have the flu vaccine.

About the flu vaccine for children



Most children and young people have the flu vaccine as a spray up their nose.



They have the spray once in each nostril.



The spray is very quick and it does not hurt.



Some children cannot have the flu vaccine spray up their nose. They can have the vaccine as an injection instead.



Your child may need to have the vaccine as an injection if:

- your child uses steroid tablets to treat their asthma



- your child has been seriously ill in hospital because of their asthma



- your child's asthma has been worse up to 3 days before having the flu vaccine

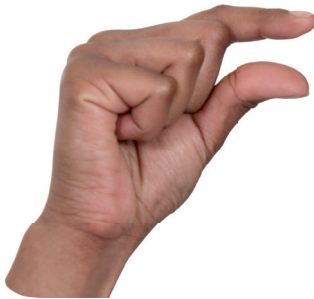


If you are not sure which flu vaccine is best for your child, talk to your local doctor.

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

If you have any questions, or for more information, you can contact us:



By phone:
0300 222 5800



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



We are closed on bank holidays.



You can **WhatsApp** us at:
07378 606 728