

3 things to remember after your

FLU

Immunisation

Influenza.
Don't get it.
Don't give it.

- 1 Wait at the clinic or surgery for 20 minutes after the vaccine is given. This is to make sure treatment is quickly available if you have a rare, severe allergic reaction.
- 2 You still might get affected by colds this winter. The influenza vaccine only protects against influenza, not against the common cold or other viruses and diseases in circulation.
- 3 It takes up to two weeks for your body to start developing protection against influenza. If you're exposed to an influenza virus before or soon after this immunisation, you can still get influenza.

What to do if you feel unwell after immunisation

Some people can get reactions that are the body's normal response to immunisation and usually resolve after a day or so.

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 fever or aching muscles [^]	If you feel pain or are very uncomfortable, consider taking pain relief such as ibuprofen or paracetamol*

[^]These events may not be related to the vaccine and could be signs of an unrelated illness. Seek medical advice if you are concerned. *When taking pain relief follow the manufacturer's instructions or seek advice from your healthcare professional.

If you have any concerns, talk to your family doctor or nurse, or call Healthline 0800 611 116.

FOR MORE INFORMATION:
FIGHTFLU.CO.NZ
0800 466 863



The Immunisation
Advisory Centre

