

# The flu vaccine

The flu (influenza) can have serious consequences. Particularly if you have diabetes; heart, lung or kidney disease; your immune system is less effective; or you are 60 years of age or older. The flu vaccine is the best way to protect yourself against the flu, even if you feel completely healthy at the moment.



## About the flu

- The flu is more serious than a cold. It is highly contagious.
- Every year, 1 in 15 people get the flu.
- On average, 4,700 people die from the flu each year.
- The flu can lead to pneumonia.
- If you have a disease (such as heart problems or diabetes), it can make the flu worse.
- Even after you recover from the flu, your health might not be as good.



## The flu vaccine provides protection

- The flu vaccine is the best way to protect yourself
- from the serious consequences of the flu.
- Getting yourself vaccinated against the flu also protects other people.
- You can't get the flu from the flu vaccine.

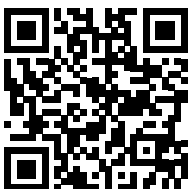
## Why should I get the flu vaccine?

- You will be around 30% less likely to get the flu.
- If you do get the flu, you are less likely to become seriously ill.
- You will be around 40% less likely to have to go to hospital because of the flu.



## You need a new flu vaccination every year

- There are different types of flu viruses. These flu viruses are constantly changing.
- For this reason, a new flu vaccination is made every year.
- Sometimes the virus changes or a different flu virus dominates. If this happens, the flu vaccine won't work as well, but it will still provide protection.



### Other languages:

English | Español, Spanish | Türkçe, Turkish |  
معلومات أكثر, Arabic | Papiamentu |  
Українська, Ukrainian

[rivm.nl/grieprik-vertalingen](http://rivm.nl/grieprik-vertalingen)

### Do you have any questions?

For more information, visit:

[www.rivm.nl/en/flu-and-flu-vaccine/vaccine](http://www.rivm.nl/en/flu-and-flu-vaccine/vaccine)  
[www.thuisarts.nl/griep](http://www.thuisarts.nl/griep)



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