

Influenza Vaccine

What is Influenza?

Influenza, commonly known as “the flu”, is a common respiratory infection that is spread mainly by coughing, sneezing and close contact.

Causes

A disease caused by influenza virus.



Who should go for influenza vaccine?

- Pregnant women
- Anyone with chronic medical conditions (lung disorders, heart disease, diabetes mellitus, kidney failure, liver disease)
- People who have a disease or condition that lowers the body’s resistance to infection, eg: leukemia, HIV, damaged spleen, or organ transplant
- Anyone who is taking any medicine or treatment that lowers the body’s resistance to infection, eg: long term steroids, certain cancer drugs, radiation therapy



How is the vaccine given?

The vaccine (0.5ml) is usually given by an injection to the upper arm by a nurse.



Post Vaccination Advice

What are the risk and complications of the vaccine?

Vaccines, like any medicine, can have side effects. The side effects may vary from mild to severe reactions and vary between individuals.

Mild side effects include:

- Soreness, redness or swelling where the injection was given, slight headache, body aches or tiredness, this usually gets better on its own within 2-3days. You can place a cold, wet cloth over the injection site for pain, redness or swelling.
- Fever (temperature above 38 degree) is uncommon and usually gets better in 1-2days.
 - Paracetamol 1-2 tablets every 6 hours (as needed) may help reduce any discomfort. Do not exceed 8 tablets (500mg per tablet) in a day
- People taking blood thinner (e.g., warfarin) or with bleeding problems may develop a bruise where the injection was given.

Severe reactions are possible but extremely rare.

- Severe allergic reaction can occur in 1 in a million doses and can happen within minutes to a few hours after vaccination.

What should I do if there is a serious reaction to the vaccine?

Please let the nurse or doctor know, or call an ambulance to go to the hospital immediately, if you experience any of the following:

- Hives
- Face or throat swelling
- Difficulty breathing
- Dizziness



Contributed by Nursing

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

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