

# Are you at **high risk** of complications with **the flu**?

**Some groups of people find it more difficult than others to fight off the flu.**

Not only they are at **greater risk of catching the flu**; they're also more susceptible to severe **complications** if they do.



**Flu vaccination is the best way to protect people at risk of catching the flu<sup>(1)</sup>. It can help them keep themselves safe and healthy during the flu season.**

## **1** People over 65 years of age <sup>(2)</sup>

are at greater risk of hospitalisation, permanent disability or severe consequences if they catch the flu.



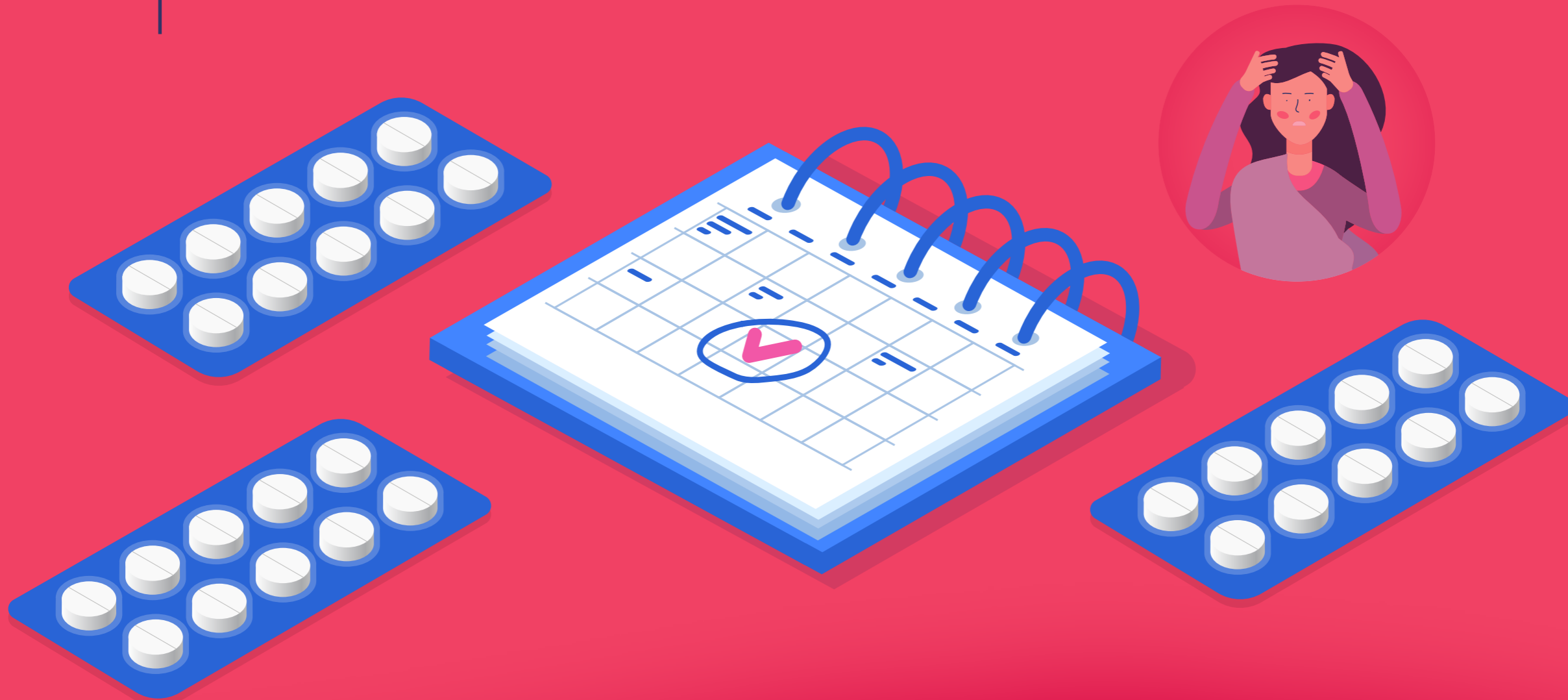
## **2** Young children <sup>(3)</sup>

can get a very high fever, painful ear infection, bronchitis, pneumonia and other complications with the flu.



## **3** People with chronic medical conditions <sup>(4)</sup>

risk the flu making any underlying illness they may have worse as well as serious illness from the flu itself.



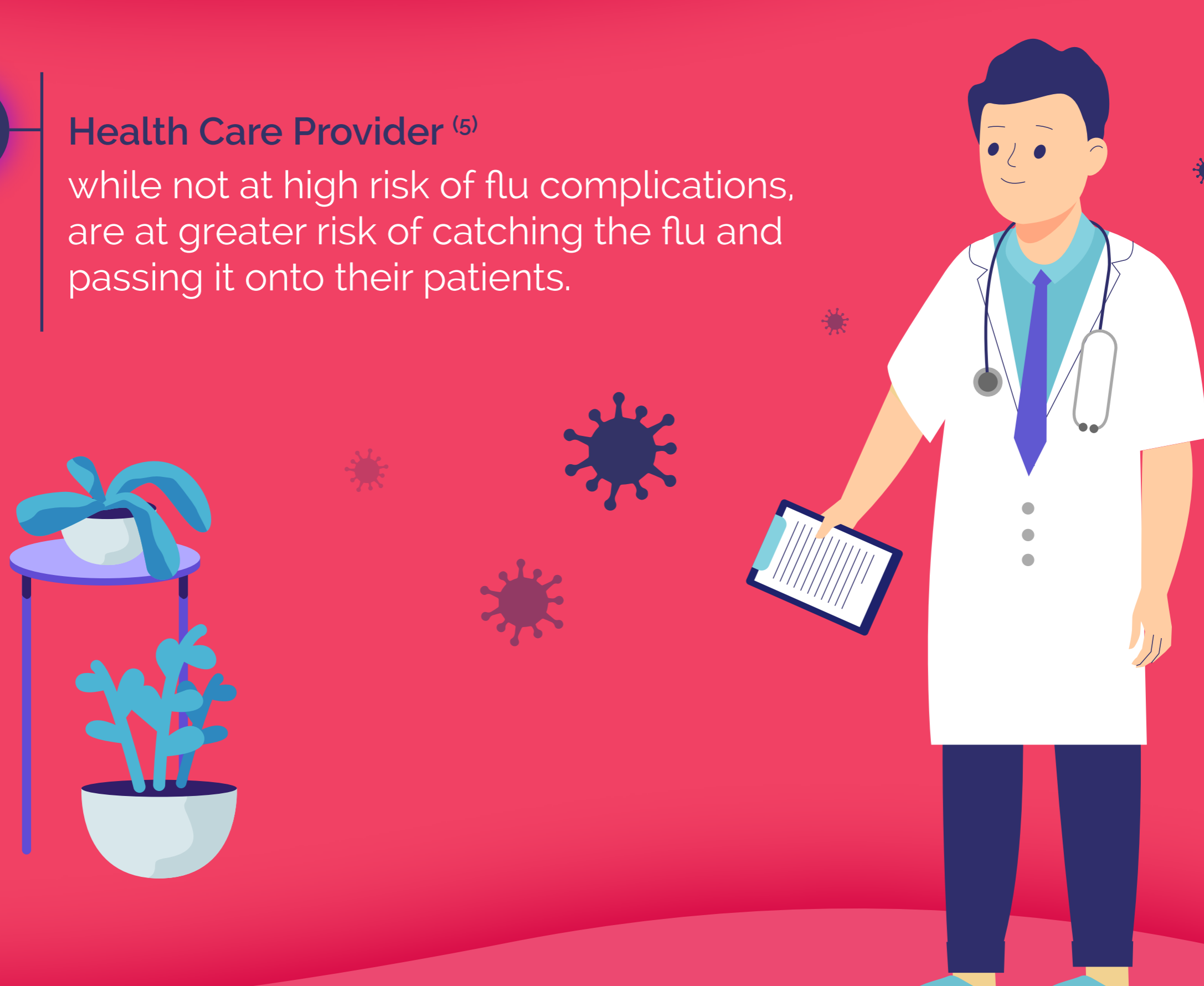
## **4** Pregnant women <sup>(4)</sup>

risk having a miscarriage, or their baby being born prematurely or with a low birth weight if they catch the flu.



## **5** Health Care Provider <sup>(5)</sup>

while not at high risk of flu complications, are at greater risk of catching the flu and passing it onto their patients.



<sup>1</sup> <https://phw.nhs.wales/topics/flu/>

<sup>2</sup> <https://www.england.nhs.uk/south-east/2018/10/02/aged-65-and-over-reduce-your-flu-risk-with-free-vaccine/>

<sup>3</sup> [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/806857/PHE\\_Protecting\\_Child\\_Against\\_Flu\\_Leaflet.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/806857/PHE_Protecting_Child_Against_Flu_Leaflet.pdf)

<sup>4</sup> <https://www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/>

<sup>5</sup> <https://www.nhs.uk/conditions/vaccinations/flu-vaccine-questions-answers/>