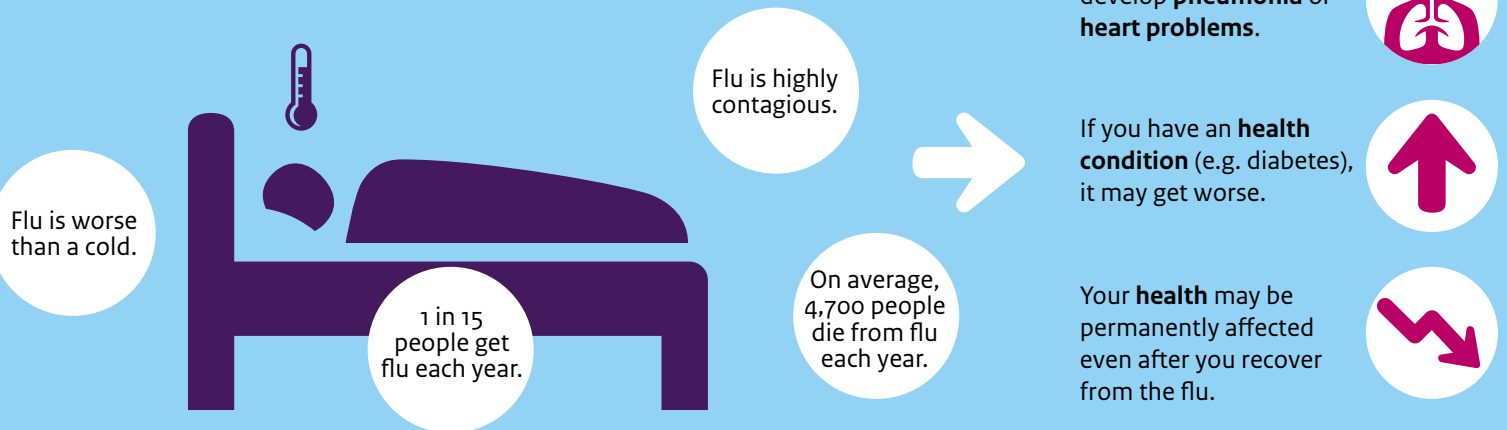


# Flu jab 2022

Flu (influenza) can have serious consequences. Especially if you have diabetes, heart, lung or kidney disease or impaired immunity. Or if you are aged 60 years or over. The flu jab is the best way to protect you against flu. Even if you feel healthy now.

## Flu and its possible consequences



## The flu jab provides protection

- ✓ The flu jab is the **best way to protect you** against the serious consequences of flu.
- ✓ By getting the flu jab, you also help protect **others**.
- ✓ You will **not get** flu from the flu jab.

30%



Getting the flu jab means you are 30% **less likely to get the flu**.



Even if you do get the flu, you will often be **less seriously ill**.

40%



You will have around a **40% lower chance of ending up in hospital** with flu.

## A new flu jab every year

**Various types** of flu virus exist. > These viruses are constantly **changing**. > That is why a **new flu vaccination** is made every year. > Sometimes the virus changes, or another flu virus becomes dominant. In that case, the flu jab is slightly less effective, but **still offers protection**.



More information:  
Daha fazla bilgi:  
معلومات أكثر  
[www.rivm.nl/grieprik-vertalingen](http://www.rivm.nl/grieprik-vertalingen)

More information:  
[www.rivm.nl/grieprik](http://www.rivm.nl/grieprik)  
[www.thuisarts.nl/griep](http://www.thuisarts.nl/griep)



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