

# Flu Vaccine for Healthcare Workers

It takes just a few minutes to protect yourself and the people around you.

You are 10 times more likely to get flu

1 in 5 healthcare workers develop flu every year.



Flu is serious

Up to 500 people die from flu every year in Ireland.

Flu causes pneumonia and bronchitis and can make chronic health conditions worse.



You can spread flu without knowing it

Some people have no symptoms.

Your patients rely on you to protect them

People with weakened immune systems or who have underlying health conditions rely on you to be vaccinated to protect them against flu.



You can protect your family and those around you

Getting the flu vaccine also protects your family, your colleagues and the patients you care for.

Flu vaccine is safe

It's been given to millions of people for more than 60 years.