



جامعة الإمام عبد الرحمن بن فيصل  
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# Seasonal Influenza Vaccine

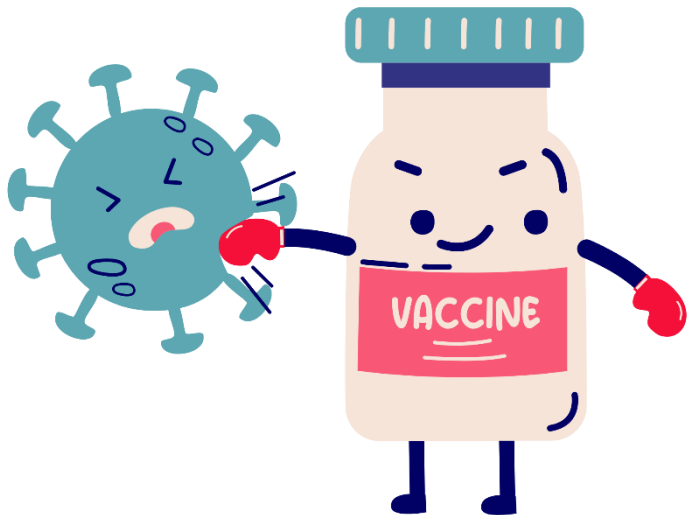


## What is Seasonal Influenza Vaccine?

It is a vaccine contains dead bacteria or viruses that cannot cause disease, as it stimulates the immune system and produces antibodies that recognize the microbe early. So, if the germ enters the body again, the body will fight it and prevents the occurrence of disease.



Influenza vaccination is safe and effective, subjected to tests before approval, and its results are monitored continuously.



## Who needs the vaccine?

Children from 6 months to 5 years old

Pregnant women

Elderly above 50 years old

People with chronic diseases

People with weak immunity

Obese people

Healthcare worker



# What are the symptoms and complication of influenza?

Fever

Sore throat

Cough

Runny or stuffy nose

Headache

Fatigue and body & muscles pain

Vomiting & diarrhea sometimes



# How to prevent and limit the spread of influenza?



The best way of preventing seasonal influenza is by getting the vaccine every year.

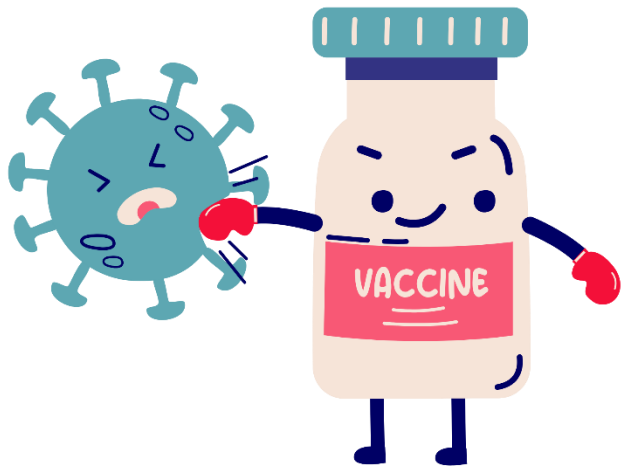
- Avoid close contact with people who have the flu.
- Limit your contact with others if you have the flu.
- Cover your mouth and nose when coughing or sneezing.
- Wash your hands frequently with soap and water.
- Make sure to clean and disinfect surfaces that may be contaminated with the flu virus.



## What is the vaccine side effect??

Symptoms considered normal reactions after getting the vaccine may last **between 12 and 24 hours**, such as:

- Headache
- Nausea
- Fever
- Sleeping more than usual
- Mild rash
- Itching at the injection site
- Pain, redness, or swelling around the injection site
- A severe allergic reaction may occur within a few minutes of the vaccine (**very rare**)



## Who should not have the flu vaccine?

- Children under 6 months old.
- People who have severe egg allergy.
- previous severe allergy because of a previous flu vaccine.
- Suffering from a moderate or severe high fever, after the temperature stabilized you can get the vaccine.



## **Is there a possibility that I could get influenza despite receiving the vaccine this year?**

The vaccine does not completely protect against infection, as there is still a possibility of infection for some people who have received the vaccine, but the possibility is less than for people who have not received the vaccine, and this depends on several factors, including: The age of the person who received the vaccine, his health condition, and the extent of compatibility between the strains in the vaccine formula and the strains circulating in the area.





## Why should I get the flu vaccine?

To protect yourself and your family from the disease, especially those who are susceptible to complications from the flu. Also, getting the flu vaccine may make your infection mild if you are exposed to the infection, and reduce the need for hospitalization and death. The vaccine composition is also changed every year by the World Health Organization to match the virus strains that change every year in the Northern Hemisphere, where the Kingdom of Saudi Arabia is located, as well as in the Southern Hemisphere, where there are two vaccines for the two hemispheres of the Earth, and they may be similar in some seasons depending on the type of virus strains.



### Sources and references:

All information in this booklet is from the UK National Health Service website, the Saudi Ministry of Health and the Center for Disease Control website. All images used are from Canva.

### Review and audit:

The content of this booklet has been reviewed by the Infection Control Department at King Fahd University Hospital, Al-Khobar.

**Infection Control Department**  
**Health Awareness Unit**  
**IAU-24-588**



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