# Invitation for flu jab

Patient name

Patient address

Patient postcode and city Date

Dear Sir/Madam,

This letter is your invitation to get the annual flu jab. You will get the flu jab for free. You can come and get your flu jab at this date and time:

Date: ...................................................

Time: ...................................................

Location: ...................................................

# Note:

* Stay home and reschedule your appointment if you have 1 or more of these symptoms: nasal cold, sore throat, sneezing, coughing, shortness of breath, sudden loss of smell or taste, elevated temperature higher than 37.5 degrees.
* Stay 1.5 metres from others.
* Take this letter along with you to the appointment.
* You will get the flu jab in your upper arm, so wear clothes that make it easy to uncover your upper arm.

# What does the flu jab do?

The flu jab is the best protection against flu. The flu jab induces your body to make antibodies against flu viruses. Two weeks after the flu jab, you have enough antibodies for protection.

# When should you call your doctor?

* If you have 1 or more of the symptoms listed above on the day that you are scheduled to get the flu jab.
* If you have a previously established allergy to egg whites (protein from chicken eggs) or to antibiotics (neomycin or gentamicin). These allergies are rare.
* If you are scheduled to receive a COVID-19 vaccination within 7 days before or within 7 days after the flu jab.
* If you are unable to come to the doctor’s practice on the day specified in this letter.

# Are there any side-effects?

* Your arm may be sore for a day after the injection. The injection site may be red and puffy.
* You may feel unwell for a few days after the flu jab. That does not mean you have flu. Your body is building up resistance to the flu.

# Would you like to know more?

* + Read the information on the back of this invitation.
  + <https://www.rivm.nl/en/flu-and-flu-jab>
  + [www.thuisarts.nl/griep](http://www.thuisarts.nl/griep)

Or contact your GP.

Your GP