

## Invitation for flu jab

Patient's  
name  
Patient's  
address  
Patient's postcode and

city/town Date,

Dear Sir/Madam,

This letter is an invitation for the annual flu jab. You receive the flu jab free of charge. You can come and get your flu jab on the following date and time:

Date: .....  
Time: .....  
Location: .....

- Please bring this letter with you to the appointment.
- You will get the flu jab in your upper arm, so please wear clothes that make it easy for you to uncover your upper arm.

### What does the flu jab do?

The flu jab provides the best possible protection against flu. It ensures that your body produces antibodies against flu viruses. This takes approximately 2 weeks.

### When should you call the practice?

- If you have one or more of the following symptoms on the day on which you are due to have your flu jab: cold, cough, sore throat, temperature above 37.5 degrees, or if you have tested positive for the coronavirus. In such cases, please make a new appointment.
- If you have previously had an allergic reaction to the protein in chicken eggs or to the antibiotics neomycin or gentamicin. These reactions are rare.
- If you cannot make the date specified at the top of the letter.

### Are there any side effects?

- Your arm might be sore for 1 or 2 days after the flu jab. The site of the jab can become red and swollen.
- You may feel mildly unwell for a few days after having the flu jab. This is not flu. Your body is simply building up its defences against flu.

### Flu jab and coronavirus jab

If you also have an appointment for the coronavirus jab, getting the flu jab and the coronavirus jab at the same time is safe.

### Receiving this letter for your child?

- The flu jab is safe for children aged 6 months or older.
- If your child is under 9 years of age, they will be given a second flu jab after 4 weeks. If your child is under 9 years of age and has already had a flu jab, they will be given 1 flu jab.
- Please accompany your child to the flu jab appointment.

### Need further information?

- Please read the information on the back of this invitation.
- [www.rivm.nl/griepprik](http://www.rivm.nl/griepprik)
- [www.thuisarts.nl/griep](http://www.thuisarts.nl/griep)

Or get in touch with your GP surgery. Your GP