

# Prevent the flu so you don't have to **worry** about missing life's important and special moments!

- The flu is not just a bad cold, it can be a serious illness that can lead to complications in the over 65s, including hospitalisation
- It can take a lot longer to recover from the flu than from a cold, affecting not only you but your friends and family too



- If you are elderly, it can take a long time to recover from the flu. Ask your doctor on how to best prevent flu and protect the moments you treasure with your family

**Don't wait.  
Protect yourself  
against the flu.**



**THE POWER  
TO KEEP  
FLU AT BAY**



**Reporting of side effects:** ▽ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. If you get any side effects talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. Please report side effects with any medicine or vaccine to the medicines regulator MHRA through the Yellow Card Scheme. It is easiest and quickest to report side effects online via the Yellow Card website: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. Alternatively, prepaid Yellow Cards for reporting are available by writing to FREEPOST YELLOW CARD (no other address details necessary), by emailing [yellowcard@mhra.gov.uk](mailto:yellowcard@mhra.gov.uk), by telephoning the Commission on Human Medicines (CHM) free phone line: 0800-731-6789, or by downloading and printing a form from the Yellow Card section of the MHRA website. You can also report side effects direct to the marketing authorisation holder at [pv.uk@viatris.com](mailto:pv.uk@viatris.com).

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NON-2021-1738 Date of preparation: June 2021

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## What is the flu?

Flu is a viral infection that can make some people seriously ill. Flu symptoms come on very quickly and can include a sudden fever, headache, cough, sore throat and runny nose, as well as aching muscles and a general feeling of tiredness and being unwell. The fever and body ache may last 3-5 days and the cough for 2 or more weeks. The flu is caused by influenza viruses and spreads easily from person to person, for instance, through coughs and sneezes.

## Who gets the flu?

The flu can affect anyone in the community, even fit and healthy people. Symptoms can be mild but in more severe cases, the flu can cause serious illness or hospitalisation and can even be life-threatening.

**The flu can be a more common occurrence as we get older because our immune system weakens, which may lead to more complications in those over the age of 65. If you fall within this age group, it may also take you longer to recover from the flu.**

**This can mean missing out on what's most important in life – things like spending time with friends and family, taking care of the grandchildren, and other everyday activities.**

### Who is most at risk?

Groups of people who are particularly vulnerable to the flu include:

- the over 65s
- people with specific underlying medical conditions (such as asthma, diabetes and heart or lung disease)
- pregnant women
- young children

**The flu can be a serious illness that can lead to complications in the over 65s.**

*"The flu is just like a bad cold. I am healthy and I have not previously suffered from the flu. I'll be fine after a few days."*

**Wrong! The flu is worse than getting a heavy cold, especially when you are over 65!**

### Cold

- Gradual onset
- Relatively mild symptoms might not prevent daily activities
- Usually gets better by itself

Having the flu can put your life on hold. Unlike with a common cold, you might struggle much more to cope with everyday tasks when suffering from the flu and may often need bedrest.

### Flu

- Sudden onset

*Flu symptoms might:*

- Last for two weeks or longer
- Prevent daily activities
- Bedrest might often be required
- Sometimes hospitalisation can occur
- Can cause secondary complications, which can be more severe and last a lot longer than the flu
- You might need to see your doctor

### The wider-ranging effects of the flu

- Losing your independence during the illness
- Missing precious time with friends and family
- Spreading the infection to your loved ones

**It can take a lot longer to recover from the flu than from a cold, affecting not only you but your friends and family too.**

**There are a number of ways you can help protect yourself and your nearest and dearest from getting the flu:**



**It is important that you don't miss out on those special moments because of the flu.**

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