

Information for After your Influenza Vaccine

Today, your pharmacist has given you the influenza (commonly known as the flu) vaccine.

This vaccine can prevent people from becoming ill with influenza. Influenza is constantly evolving, so the vaccine should be administered every year. The best time to get vaccinated is before the winter season, as it takes about two weeks to develop immunity.

This vaccine does not contain any live viruses and it cannot give you influenza. After vaccination, your immune system will learn to recognise and fight the virus that causes influenza.

What to expect after vaccination

As with all vaccinations, you may experience some side effects following your influenza vaccination. These side effects are usually mild and will go away within one or two days.

Common side effects:

- pain, redness, swelling or hardness at the injection site
- fever
- fatigue
- headache
- body aches

Less common side effects:

- nausea (feeling sick) or vomiting
- diarrhoea
- chills or shivering

Most of these symptoms can be managed with rest, pain relief such as paracetamol and ibuprofen, or a cold compress, if needed. Ask your pharmacist for advice.

If you experience any severe or unexpected symptoms, or if after a few days, any of the expected side effects listed above have not resolved, seek medical advice from your doctor or healthcare professional. Be sure to mention you have recently received an influenza vaccination.

Anaphylaxis (a serious allergic reaction) to the influenza vaccine is rare and usually occurs within the first 15 minutes of vaccination, which is why we ask you to remain in the pharmacy for at least 15 minutes following your vaccination. If you think you are experiencing anaphylaxis after you have left the pharmacy premises, call 000.

Signs of anaphylaxis:

- Difficulty breathing or wheezing
- Swelling of the tongue
- Swelling/tightness of the throat
- Persistent dizziness/collapse/loss of consciousness

For any queries, you can also reach us on our very own 24-hour Life Pharmacy Group hotline by phoning 1300 ASK LPG (1300 275 574). Our pharmacists are ready and waiting to support you, no matter how big or small the query may be.

 Life Pharmacy Group 


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For more information about the influenza vaccine, visit: <https://www.health.gov.au/health-topics/immunisation/vaccines/influenza-flu-vaccine> or scan the QR code

