

Symptoms

- › Fever or chills
- › Cough, sore throat
- › Runny nose, headache
- › Muscle aches and fatigue

Complications

Flu can lead to pneumonia, encephalitis (brain inflammation), and other serious illnesses, especially in high-risk groups.

COVID-19 can be severe, and lead to hospitalisation and death. Some patients may have long-lasting effects, called post-COVID-19 condition, or long COVID-19.



Prevention:



> Get vaccinated!

- › Wash hands often
- › Avoid contact with sick individuals
- › Wear a mask if you have symptoms
- › Stay home if you're sick

Don't wait! Speak to your doctor for advice on vaccination.



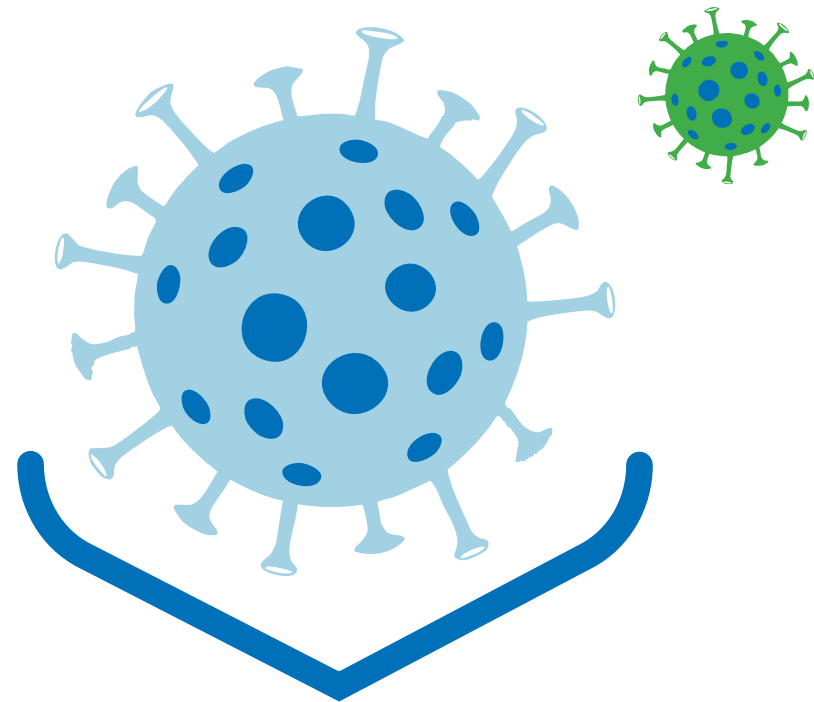
Scan the QR code to learn more at the **European Vaccination Information Portal**
vaccination-info.europa.eu/en



Get vaccinated against flu and COVID-19!



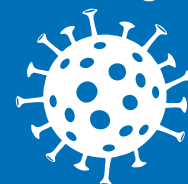
EUROPEAN VACCINATION
INFORMATION PORTAL
An initiative of the European Union



Flu (influenza) and **COVID-19**
spread easily and can cause severe illness,
even in healthy individuals.

Who's at higher risk of severe disease?

- › Older people
- › Pregnant women
- › People with chronic health conditions



Why vaccinate?

Vaccination is the best way to protect yourself and those around you from flu, COVID-19 and their complications.

People who are vaccinated are less likely to get severe disease or to need hospitalisation.