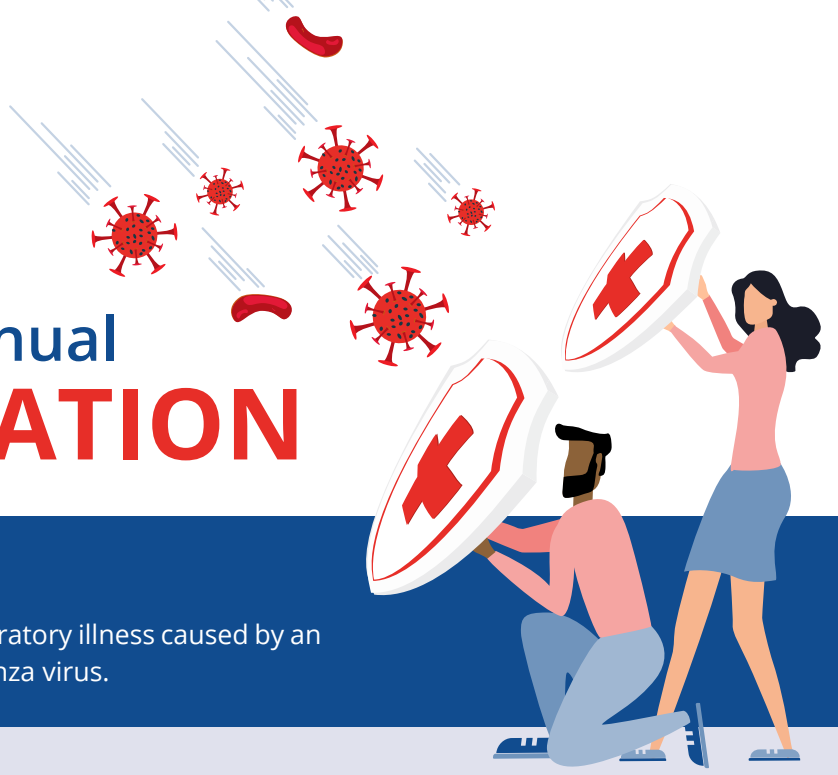


# It's time for your annual FLU VACCINATION



## What is influenza (flu)?

Influenza, commonly called 'flu' is an acute respiratory illness caused by an infection of the respiratory tract with the influenza virus.

## What are the symptoms?

- sudden onset  
of fever
- muscle  
pains
- body  
aches
- headache
- dry  
cough
- sore  
throat
- runny  
nose
- feeling tired  
or unwell

## Is flu infectious?

**Yes**, when someone with flu coughs, sneezes or talks, small droplets containing the flu germ are released into the air, and you can get infected if you breathe in these droplets.

**When is the best time to have a flu vaccination?**

You should get your flu vaccination **BEFORE THE END OF APRIL**, before the flu season sets in, and before the virus spreads or as soon as the vaccine is available.

## How can flu be prevented?

The **flu vaccination** is one the most effective ways to prevent infection and reduce hospital admissions related to flu complications. It could also help to keep subsequent flu-related claims down.



## Can everybody get a flu vaccination?

People who have had a severe allergic reaction to a flu vaccination in the past, people with a severe allergy to eggs and children younger than six months should not have the flu vaccination. Speak to your healthcare provider if you have any concerns.

## Will the Scheme pay for my flu vaccination?

Yes, the Scheme pays for one flu vaccine per beneficiary per year from the Preventative Care Benefits.

## Who is at risk for flu and its complications?

People who are 65 years or older, pregnant or who have one of these conditions:

- Asthma
- Bronchiectasis
- Cardiomyopathy
- Chronic obstructive pulmonary disease (COPD)
- Chronic renal disease
- Coronary artery disease
- Diabetes (Type 1 and 2)

## Where can I get a flu vaccination?

To save on GP consultation fees, get your vaccine from any pharmacy.



### DID YOU KNOW?

The Scheme also pays for one Pneumonia vaccine per beneficiary, 18 years and older, every five years to protect against bacterial infections that can cause serious illnesses such as meningitis, sepsis and pneumonia.

**NEED HELP?** Contact your scheme for any benefit-related queries you may have.

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