









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.

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.

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 the virus starts spreading.

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 Society pay for my flu vaccination?

Yes, the Society pays for one flu vaccine per beneficiary per year from the vaccination benefit. Any consultation fees will be paid according to your day-to-day limit for consultations. You can read more [here](#).

Where can I get a flu vaccination?

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

TIP: There will be little to no co-payment if you get your vaccine from one of the Society's DSP (designated service provider) pharmacies.

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

NEED HELP? Reach out to the Benefit Society if you have any queries.

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