

STAY PROTECTED THIS FLU SEASON

– Separating Myths from Facts



Influenza, commonly known as the flu, is an acute respiratory illness caused by the influenza virus. There are several different types and strains of influenza viruses. It spreads easily, usually causes minor symptoms but can lead to severe complications, especially for vulnerable individuals.

What are the symptoms?



Sudden onset
of fever



Muscle
aches



Headache



Dry cough and
sore throat



Runny
nose



Fatigue and
general discomfort

Treatment usually aims to relieve symptoms. People with the flu should rest and drink plenty of liquids. Most people will recover on their own within a week, but medical care may be needed in severe cases and for people with risk factors.

FLU SHOT MYTHS & FACTS

Misinformation about flu vaccines often leads to uncertainty. Here are some common myths along with the facts.



MYTH: The flu shot gives you the flu

✓ **FACT**

The flu vaccine contains inactive viruses, meaning it cannot cause infection. Some people may experience mild side effects, such as a sore arm, but these are not the flu.

MYTH: Healthy people don't need the flu shot

✓ **FACT**

Even healthy individuals can contract and spread the flu. Vaccination helps protect not only you but those around you too.

MYTH: Flu vaccines aren't effective

✓ **FACT**

While not 100% foolproof, the flu shot can significantly reduce the severity of illness, complications and hospitalisation.

MYTH: Natural immunity is better than a flu shot

✓ **FACT**

While recovering from the flu may provide some immunity, the illness can lead to serious health risks. Vaccination is a safer and more effective way to build protection.

Will the Society cover my Flu vaccination?

Yes, the Society covers one flu vaccine per beneficiary per year from the vaccination benefit. Consultation fees are paid according to your day-to-day consultation limit.



Where can I get a Flu vaccination?

To minimise consultation costs, visit any pharmacy for your flu vaccine. If you choose one of the Society's Designated Service Provider (DSP) pharmacies, there will be little to no co-payment.



Vaccination remains the most effective way to reduce your risk of illness, complications and the spread of the virus to others. Protect yourself this flu season, get vaccinated today!

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

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