



Protect yourself this winter

GET YOUR ANNUAL FLU VACCINE

As temperatures drop, flu season arrives. Influenza (flu) is more than just a bad cold – it's a contagious viral infection that can lead to serious complications, especially for vulnerable individuals.

WHAT IS FLU?

Flu is a viral infection that affects the nose, throat and lungs. It usually comes on suddenly and can leave you feeling severely unwell for several days.

COMMON SYMPTOMS



Sudden fever



Headache and body aches



Sore throat



Dry cough



Fatigue and weakness



Runny or blocked nose

CAN FLU BE PREVENTED?

The most effective protection is an annual flu vaccine. Because flu viruses change each year, the vaccine is updated annually to match circulating strains.

Other prevention tips:



Wash your hands regularly



Cover coughs and sneezes



Stay home if you are unwell



Avoid close contact with sick individuals

IS FLU INFECTIOUS?

YES, flu spreads easily from person to person.

How is it spread?

- Through droplets when someone coughs, sneezes or talks
- By touching contaminated surfaces and then touching your face
- In crowded indoor spaces with poor ventilation

You can spread flu even before you feel sick.



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.

Who is at higher risk of complications?

- Adults over 65
- Young children
- Pregnant women
- People with chronic conditions (e.g. asthma, diabetes, heart disease)
- Individuals with weakened immune systems

Flu can lead to pneumonia, hospitalisation and, in severe cases, death especially in high-risk groups.

When should you get vaccinated?

The best time to get your flu vaccine is **BEFORE WINTER STARTS**, ideally before the end of April, although vaccination later in the season still offers protection.

WILL THE SCHEME PAY FOR MY FLU VACCINATION?

Yes, the Scheme pays for one flu vaccine per beneficiary (older than 6 months) per year from the Wellness and Preventative Benefits. To save on GP consultation fees, get your vaccine from pharmacy clinics who offer this service.

DID YOU KNOW?

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

Getting vaccinated each year reduces your risk of severe illness and helps protect those around you.

NEED HELP? Contact our call centre for any benefit-related queries you may have.

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