



INFLUENZA AND FLU VACCINE NEWSLETTER

INFLUENZA AND FLU VACCINE

Influenza (Flu) is caused by a virus that spreads through respiratory droplets released by the body when we breathe out - when we talk, cough or sneeze. Some people can get very sick from the flu virus, depending on an individual's health status or underlying risk profile.



Influenza Symptoms

Common symptoms include: Sudden onset of fever, headache, runny nose, sore throat, dry cough, fatigue (feeling unwell and tired), muscle pains and body aches.



Influenza Prevention

You can prevent flu infection by washing hands, wearing masks, practicing social distancing, ensuring spaces are well ventilated and isolating when sick - these measures also protect us against Covid-19 infection.



Vaccination against influenza

With 2023 flu season upon us, flu vaccines (flu shots) are an important way to reduce the risk of becoming seriously ill from flu. Flu vaccines are safe and well tolerated.

Who should vaccinate

1. People at risk of developing a serious influenza illness – e.g. chronic lung conditions (bronchitis and pneumonia, asthma), heart or kidney disease; HIV positive individuals; older age above 65 years; pregnant moms or moms 6 weeks after birth.
2. People living in care centers (old-age homes, or chronic care and rehabilitation institutions).
3. People who have a weakened immune system: e.g. cancer, diabetes, etc.
4. People who live with persons who are at risk.
5. Previous Covid-19 infection : flu shot will help to lower your risk of being infected with the flu.

Who should not vaccinate

1. If you have strong allergy history, contact you healthcare provider for more information.
2. Children under six months of age.

Benefits of flu vaccine

- The flu vaccine will help to lower your risk of becoming sick with flu. To get the full benefits of the flu vaccine, take a flu shot before the start of flu season (late March or early April) every year. Early vaccination ensures protection against the latest flu strain.
 You will still get protection against severe flu and its complications at any time during the flu season.
- While the flu vaccine does not offer complete protection against getting the flu, it lowers the chances of getting infection: if you do get flu, you'll recover faster. This means you're not infectious for as long, which helps limit the spread of infection to others.



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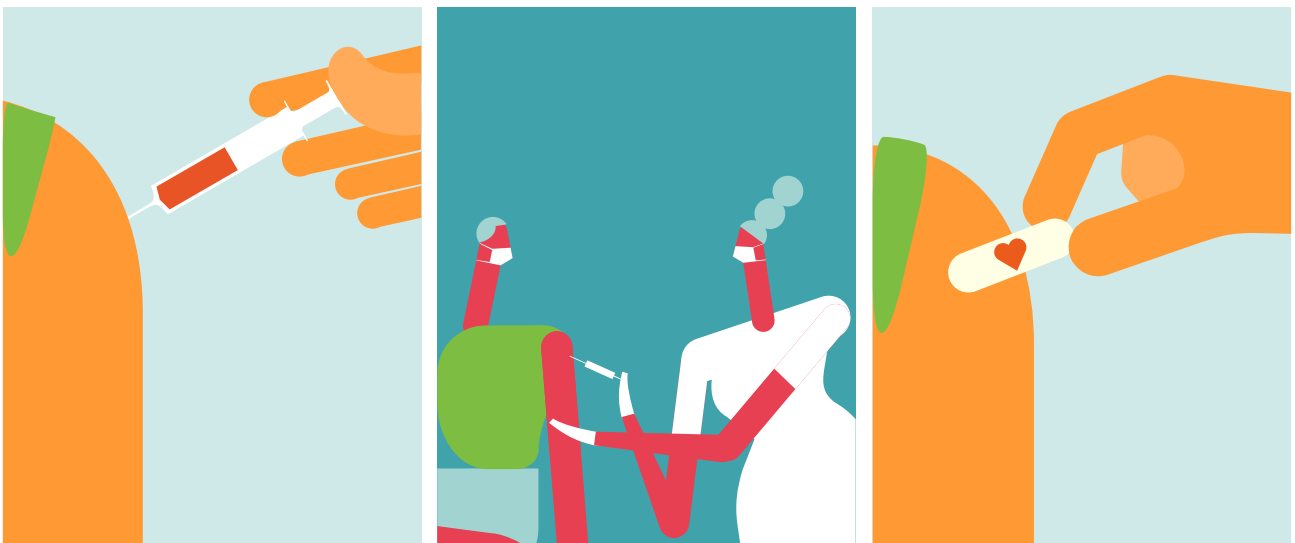
Sizwe Hosmed Flu Vaccine Cover

- Options: All Sizwe Hosmed Options cover for one seasonal flu vaccine per beneficiary per year for all eligible members.
- Benefits: The Preventative Care Benefit will cover your flu shot once per year.

Visit your healthcare provider(GP/nurse) or nearest pharmacy for your flu shot.
For more information visit www.sizwehosmed.co.za Tel: 0860100871

The following is a list of 2023 Preventative Care Benefits:

- Free Covid-19 Vaccination per beneficiary
- Diabetic Eye Care annually
- Free Pap Smear for Females over 18 Years per beneficiary per annum
- Free HPV vaccination per beneficiary between 9 and 12 years of age
- 1 Free Mammogram for Females over 40 Years per beneficiary per annum
- 1 Free PSA for Males over 40 Years per beneficiary per annum
- 1 Free Cholesterol Test over 20 Years per beneficiary per annum
- 1 Free Flu Vaccine per beneficiary per annum
- 1 Free Blood Sugar Test over 15 Years per beneficiary per annum
- 1 Free Colon Cancer Blood Test over 50 years per beneficiary per annum
- 1 Free Blood Pressure test per beneficiary per annum
- 1 Free Pneumococcal Vaccine per beneficiary above 65 Years of age per annum



Get your shot, protect yourself and your loved ones!