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HEALTH BYTES



Flu vaccination

With winter on the way, a flu vaccination is the best way to protect yourself from serious illness or complications that could end up with you in hospital. To get the full benefits of the vaccine, get your shot before the start of the flu season.

Can the vaccine give me the flu?

No. Even though the vaccines are made from a live virus, the part that makes you sick has been turned off. You might not feel well after the vaccination, but this is only your body fighting the virus and building your immunity. It will pass in a few days.



Who should have the vaccine?

The vaccine is for **everyone**, but it's especially **important** for:

- people older than 65 years,
- children,
- pregnant women up to six weeks postpartum, and
- people with comorbidities (asthma, COPD, cardiac failure, cancer, HIV and diabetes mellitus).



Only one flu vaccine per member per annum is allowed. Please check your benefit guide for further information. Visit your nearest DSP pharmacy or healthcare provider to get your flu vaccine.

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