



06 April 2023

Dear Member,

The flu season is almost upon us, and it is as important as ever to take extra precautions as we head into winter. Understanding how to protect yourself and your loved ones this flu season will make a difference in staying as healthy as possible. The attached flyer also provides additional information.



Why should I get a flu vaccine?

Although the flu vaccine will not completely eliminate your risk of developing the flu, it will help to reduce your risk of developing a severe infection and requiring hospitalisation. It is therefore a good precautionary measure to take.

Who should get the flu vaccine?

All members can consider vaccination, especially the following high-risk groups:

- Healthcare workers.
- Individuals over 65 years of age.
- Individuals with cardiovascular disease (including chronic heart disease, hypertension, stroke, and diabetes) and chronic lung disease (including asthma and chronic obstructive pulmonary disease).
- Pregnant women.
- People living with HIV/AIDS.

The vaccine is *NOT recommended for*:

- Individuals who are allergic to eggs or egg proteins as the manufacturing process for the vaccine involves the use of chicken eggs.
- Infants under 6 months of age as the vaccines are not licensed for use in such young children.
- Individuals who may have had a severe reaction to a flu vaccine in the past – if you are unsure discuss with your healthcare provider.
- Individuals who may be suffering from flu symptoms already.

If you have decided that you wish to go for a flu vaccination, we recommend the following:

- Call ahead to confirm whether your pharmacy or healthcare provider has stock available.
- Schedule an appointment, when possible, to reduce your waiting time.

The flu vaccines available this season are:

Nappi Code	Description
3000826	VAXIGRIP TETRA SINGLE DOSE 0.5ML PRE-FIL
3002734	INFLUVAC TETRA SINGLE DOSE 0.5ML PRE-FIL

Will POLMED cover the vaccine?

POLMED pays for one flu vaccine per beneficiary per annum from the Preventative Care Benefit, up to Scheme Rates.

Can COVID-19 and flu vaccines be administered at the same time?

It is possible to receive both the COVID-19 and the flu vaccines at the same appointment, although they may need to be administered in separate arms. The COVID-19 vaccine offers protection against the COVID-19 virus, while the flu vaccine provides protection against the flu virus.

Should you have any concerns or questions about getting the vaccine, kindly discuss them with your treating doctor or specialist.

Yours sincerely,
POLMED

