

22 May 2024



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The flu season is upon us

Dear Member,

It is important to take the necessary precautions. Understanding how to protect yourself and your loved ones this flu season will make a difference in staying as healthy as possible. The information below provides helpful information.

Why should I get a flu vaccine?

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.

Two flu vaccines will be available in the private sector for the 2024 flu season, namely: Vaxigrip® Tetra (QIV) and Influvac® (TIV)

Nappi Code	Description	Type	Supplier
3000826	Vaxigrip® Tetra	QIV	Sanofi
732826	Influvac®	TIV	Abbott



Regards,
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