



SIZWE

MEDICAL FUND

Your health in caring hands

FLU

VACCINATION

What you need
to know

**BECAUSE....CARING
COMES NATURALLY TO US**

What about children ?

Children at school or in day care centres have an increased risk of catching flu, so it's wise to have them vaccinated.

Why should I get vaccinated annually ?

Flu viruses change, and every year the flu vaccine is adapted to the virus in circulation in that year.

What are the “Flu like symptoms” of influenza ?

- + Runny nose
- + Fever
- + Aches & Pains
- + Sore throat
- + Fatigue
- + Vomiting
- + Coughing
- + Diarrhoea



How long can Flu last ?

Unlike the common cold that lasts for a few days; the symptoms of Flu will last much longer – up to two weeks.

FLU

QUESTIONS AND ANSWERS

What is Flu ?

Flu is short for Influenza. Easily confused with a cold, flu is a viral infection that causes serious respiratory tract infections. The symptoms are similar to cold symptoms, except that the onset is very sudden. One morning you may be well, and that afternoon you're running a high fever and feel really ill.

How is it spread ?

- + Via droplets when infected people cough or sneeze near you.
- + When you touch contaminated surfaces and then touch your eyes, mouth or nose straight afterwards.
- + Through particles in enclosed, crowded spaces like elevators.



What can I do to protect myself and my family ?

- + Get vaccinated with the seasonal flu vaccine.
- + You can also protect yourself and others by adhering to good hygiene practices. eg. washing of hands and flushing away used tissues.

What are the possible complications of flu ?

Complications of flu can include pneumonia, ear infections, sinus infections, dehydration and worsening of chronic medical conditions such as: congestive heart failure, asthma, or diabetes. Stomach symptoms such as vomiting, diarrhoea and nausea can also occur.

How do flu vaccines work ?

The vaccine is made up of a small inactive part of that season's flu virus. Being inactive, it cannot infect your body with the virus, yet it allows your body to make antibodies to fight the flu. In that way, you're building up immunity. Should an epidemic occur, at least your body has had time to acquire immunity to currently circulating flu viruses.

What will flu vaccination do for me ?

- + Potentially life-saving for people at risk
- + Prevents flu-associated illness and hospitalisation
- + Prevents flu-associated absenteeism from school or work
- + Reduces the risk of transmitting flu to family members, friends or co-workers

Are some people more at risk than others ?

Yes there are high risk groups:



People aged 65 or older, especially if living in a retirement home.



Anyone with a heart problem, lung problem, including asthma, or with chronic illnesses like anaemia, diabetes or kidney failure.



Immune-suppressed people, including those who are HIV-positive.



Caregivers and close contacts of any of the above.



Smokers, as they are more prone to respiratory illnesses.



Cancer sufferers.



Children under the age of 12 years.



The WHO reports that some preliminary studies suggest that obesity, and especially extreme obesity, may also be a risk for more severe disease.

Remember **FLU FACTS**

F = Fever

A = Aches and pains

C = Chills

T = Tiredness

S = Sudden onset

The Sizwe Medical Fund Disease Management Programme provides access to chronic medication and ongoing support.

To reap the benefits please register on our Disease Management Programme at



www.sizwe.co.za

or call us at



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