



Adult and Pediatric Flu Vaccination

PROTECT YOURSELF AND YOUR FAMILY



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Digital Version



WHAT IS SEASONAL INFLUENZA (FLU)?

Seasonal influenza, also known as the flu, is caused by influenza viruses. It affects the respiratory system, mainly the nose and throat. The effect of seasonal influenza can vary from mild to severe symptoms.

IS IT A COLD OR FLU?

Sometimes it can be difficult to tell the difference between a bad cold and flu. Both are respiratory illnesses but are caused by different types of viruses. The symptoms are almost the same but are more severe in flu.

ANYONE CAN GET FLU BUT CERTAIN PEOPLE ARE AT HIGHER RISK OF DEVELOPING COMPLICATIONS

COMPLICATIONS FLU CAN HAVE

People down with flu generally recover

back from their illness from few days to 2 weeks, don't you be worried as this is quite common. Some may develop health complications such as infections in lungs, ear, sinus and some chronic health problems. It's always good to stay protected from flu by increasing your immunity levels as people in certain age group - over 65, pregnant women and people with certain health conditions such as diabetes, hypertension, neurology issues, kidney ailments are more at risk.

HOW DOES THE FLU SPREAD?

Flu can only infect you if you inhale droplets made when a person with flu coughs, sneezes, or talks. Try not to touch surface or object contaminated with the virus, and then touch your mouth, nose or eyes so that you can stay protected from the flu virus. It's harmless to be watchful while you use public transportation, busy airports or at malls

or living in a shared accommodation so that flu virus can be kept at bay.

HOW CAN YOU PREVENT THE FLU?

The seasonal influenza vaccine protects against common viruses that cause the flu. The flu vaccine is updated yearly to include the main viruses causing the flu each year. Cover the mouth when sneezing or coughing to reduce the spread of flu viruses. Regular hand washing and sanitation help in reducing the chances of becoming infected. Good sleep hygiene, being physically active, and keeping yourself hydrated by drinking plenty of fluids, eating Vitamin C rich foods are good health habits that can help you against contracting the seasonal illness.

GETTING VACCINATED IS THE BEST WAY TO PREVENT FLU



CAN THE FLU VACCINE GIVE ME THE FLU?

The flu vaccine will not give you the flu because the vaccine contains non-infectious particles of the virus, which merely alert the body to the threat of the virus. They cannot actually cause you to get the flu.

WHAT ARE THE SIDE EFFECTS OF THE VACCINE?

The vaccine is like any other medicine

and could cause some side-effects including redness or pain in the injected area. The risk of severe reaction is very rare. Talk to the doctor if you have an allergy to any type of food, specific substance, or medicines.

WHEN SHOULD I GET VACCINATED?

You should get vaccinated as soon as the vaccine is available each year. Getting vaccinated once a year will protect you from the flu for the whole year. It takes up to 2 weeks for protection to develop after the shot.

SHOULD I GET VACCINATED IF I AM SICK?

If you are sick at the time you are scheduled to be vaccinated, talk to the doctor about whether you can go ahead or if you will need to reschedule the appointment until you recover.



PLEASE SCAN FOR
THE LOCATION

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