

WHY SHOULD YOU GET VACCINATED FOR FLU?

Flu is more severe than we may think.
Each year it causes:



DEATH

Over 11,000 deaths in South Africa^{1,3}



SEVERE ILLNESS

Over 45,000 South Africans get
seriously sick^{1,3}



HOSPITALISATION

Almost 50 % of the South Africans that
get severely ill from flu, need to be
admitted to hospital³

Getting the flu vaccine is
one of the most effective ways to
prevent flu.¹

MYTHS

Myth: I don't have to get the flu vaccine every year⁵

Fact: Flu viruses change every year, which affects how
sick they make us and how they spread.^{3,5}

Flu vaccines only work in our bodies for a certain
amount of time. For both these reasons, you must be
vaccinated every year.^{1,5}

Myth: I got the flu vaccine and still got sick, so it doesn't
work^{5,6}

Fact: The vaccine contains inactive viruses so it cannot
make you sick. Sometimes you might get other viruses
that are circulating that could be mistaken for flu,
especially if your immune system is weak.^{5,6}

Myth: I am pregnant, so it isn't safe for me to get the
flu vaccine

Fact: Pregnant women are at high risk for developing
complicated flu.³ The flu vaccine can be used at any
stage of pregnancy and protects the baby against flu
for up to 6 months after it is born.³

**Ask your healthcare provider what's new in flu in
2020 and about the flu vaccines available from
Sanofi Pasteur.**

Protect yourself, your family and your community
against flu by getting a flu vaccine!^{1,3}

References: 1. World Health Organization. Influenza (Seasonal). Available from: [https://www.who.int/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal)). Accessed October 2019. 2. Centers for Disease Control and Prevention. Flu Symptoms & Complications. Available from: <https://www.cdc.gov/flu/symptoms/symptoms.htm>. Accessed October 2019. 3. Blumberg L, Cohen C, Dawood H, et al. Influenza NICD Recommendations for the diagnosis, prevention, management and public health response. Available from: http://www.nicd.ac.za/wp-content/uploads/2017/03/Influenza-guidelines-rev_-23-April-2018.pdf. Accessed October 2019. 4. Centers for Disease Control and Prevention. Cold Versus Flu. Available from: <https://www.cdc.gov/flu/symptoms/coldflu.htm>. Accessed November 2019. 5. Centers for Disease Control and Prevention. Misconceptions about seasonal flu and flu vaccines. Available at: <https://www.cdc.gov/flu/prevent/misconceptions.htm>. Accessed December 2019. 6. World Health Organization. 5 Myths about the flu vaccine. Available from: <https://www.who.int/influenza/spotlight/5-myths-about-the-flu-vaccine>. Accessed December 2019.

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FLU



WHAT'S NEW IN FLU IN 2020?

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FLU

WHAT EXACTLY IS **FLU**?

Flu triggers respiratory infections in people, regardless of how healthy they are, or their age.^{1,2}



The viruses spread quickly from the infected person through **coughing and sneezing**.^{1,3}



HIGH RISK INDIVIDUALS

Some groups of people are at higher risk of developing complicated flu, which often causes **hospitalisation and death**.³

These groups include:



Individuals **younger** than **3 years**



Individuals **older** than **65 years**



Pregnant women



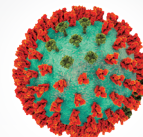
Individuals who are **morbidly obese**



Individuals with **Tuberculosis (TB)** or **Human Immunodeficiency Virus (HIV)**



Individuals with chronic diseases like **Diabetes** or **Asthma**



WHAT IS THE DIFFERENCE BETWEEN THE **FLU** AND A **COLD**?

Different viruses cause **flu** and **colds**.⁴

Flu is more serious than a cold, with more severe symptoms:⁴

Signs and symptoms	Cold	Flu
Fever	Uncommon	Common
Chills	Uncommon	Common
Body pains and headache	Sometimes	Common
Sneezing, stuffy nose, sore throat	Common	Sometimes
Chest pain, cough	Sometimes and mild	Common