

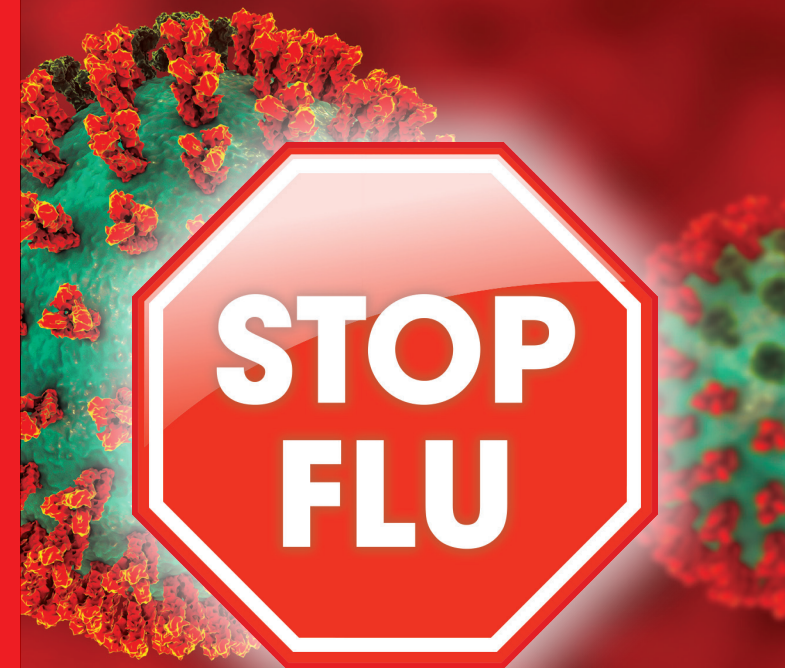


**Well done on
protecting
yourself and those
close to you
by getting the
Flu vaccine!**



FLU

GET A GRIP ON FLU THIS SEASON



Brought to you by
SANOFI PASTEUR 

Disclaimer.

This leaflet is intended for people to whom the Flu vaccine has been prescribed/ administered. It is not intended to replace the advice of your healthcare provider.



PLEASE SPEAK TO YOUR
HEALTHCARE PROFESSIONAL
FOR FURTHER INFORMATION.

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)). Last accessed October 2020. 2. Centers for Disease Control and Prevention. Flu Symptoms & Complications. Available from: <https://www.cdc.gov/flu/symptoms/symptoms.htm>. Last accessed October 2020. 3. Blumberg L, Cohen C, Dawood H, et al. Influenza NICD Recommendations for the diagnosis, prevention, management and public health response. Available from: <https://www.nicd.ac.za/wp-content/uploads/2020/04/INFLUENZA-GUIDELINES-2020.pdf>. Last accessed September 2020. 4. Warren-Gash C, Blackburn R, Whitaker H, et al. Laboratory-confirmed respiratory infections as triggers for acute myocardial infarction and stroke: a self-controlled case series analysis of national linked data sets from Scotland. *Eur Respir J*. 2018;51(3):1-9. 5. Centers for Disease Control and Prevention. What are the benefits of flu vaccination? Available from: <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>. Last accessed October 2020.

15733 sanofi-aventis south africa (pty) ltd, reg. no.: 1996/010381/07. 2 Bond Street, Grand Central Ext. 1, Midrand, 1685. Tel: (011) 256 3700. Fax: (011) 256 3707. www.sanofipasteur.com
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FLU

WHAT IS FLU?

Flu is a worldwide illness that can affect anyone.^{1,2} Flu spreads quickly and easily through coughing and sneezing.^{1,3} It causes respiratory infections, which can result in you getting very sick, being hospitalised and even dying.¹

WHY SHOULD YOU GET A FLU VACCINE?

There is a higher risk of getting severely sick from Flu (which increases the chances of being hospitalised and dying) if you are:^{1,3}

- Younger than 2 years or older than 65 years
- Pregnant
- Morbidly obese
- Infected with Tuberculosis (TB) or Human immunodeficiency virus (HIV)
- Affected by chronic diseases like Diabetes or Asthma
- Suffering from chronic cardiovascular or chronic lung disease



650,000 people worldwide and approximately 11,800 people in South Africa, die from Flu each year.^{1,3}



Up to 5 million people worldwide, including more than 45,000 South Africans, get severely ill from Flu each year.^{1,3} Almost 50% of these affected South Africans need to be hospitalised.³



Flu is contagious and can have unexpected, severe consequences such as, heart attacks and strokes.^{1,4}



Getting a Flu vaccine every year is one of the most effective ways to prevent getting Flu, and to reduce getting severely ill, being hospitalised and dying.^{1,3}



The Flu vaccine also lowers cardiac events among people with heart disease and can reduce worsening and hospitalisation for individuals with chronic lung disease.⁵

WHY THE FLU VACCINE HAS BEEN RECOMMENDED TO YOU

Flu is caused by different strains (types) of Flu viruses.¹ These viruses change every year.³ The way in which Flu viruses change affects how sick they make you, and how the Flu vaccine is adapted to make sure that you have optimal protection against Flu each year.³

At a time when healthcare systems are under immense pressure due to the COVID-19 pandemic, we need to prevent what can be prevented.³

Flu vaccines are one of the most effective ways to prevent Flu.³



Your healthcare professional has prescribed/administered the Flu vaccine from Sanofi Pasteur to you, based on international recommendations to prevent Flu.³

