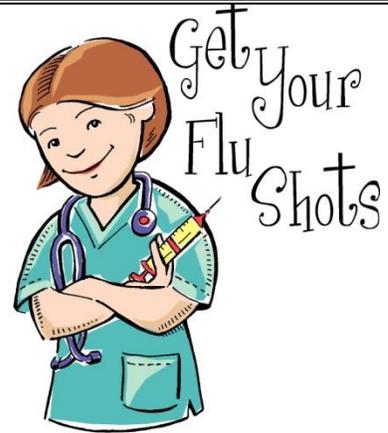




ALLIANCE-MIDMED MEDICAL SCHEME



### Why get a Flu Vaccine?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others.

An annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and lessen the chance that you will spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

### WARNING! Don't Get a Flu Vaccine If:

- You have a severe allergy to chicken eggs.
- You have had a severe reaction to an influenza vaccination.
- Younger than 6 months of age (influenza vaccine is not approved for this age group), and
- You have a moderate-to-severe illness with a fever (you should wait until recovered to get vaccinated.)
- You have a history of [Guillain-Barré Syndrome](#) (a severe paralytic illness, also called GBS) that occurred after receiving influenza vaccine and who are not at risk for severe illness from influenza should generally not receive vaccine.

### Where can I go and get a Flu Vaccine?

All pharmacies have flu vaccines. You can have the vaccination at the pharmacy or buy it at the pharmacy and take it to your doctor's rooms where the Sister will give the flu vaccine into your arm.

### Who Should Get Vaccinated?

Everyone who is at least 6 months of age can benefit from a flu vaccine this season. It's especially important for some people to get vaccinated. Those people include the following:

- People who are at high risk of developing serious complications like pneumonia if they get sick with the flu. This includes:
  - People who have certain medical conditions including asthma, diabetes, and chronic lung disease.
  - Pregnant women.
  - People 65 years and older
- People who live with or care for others who are high risk of developing serious complications. This includes:
  - household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease.

**More Information Call Your  
Dedicated Professional Nurses on**

