



Get your shot

Description

We're in the depths of winter and seasonal influenza (flu) is a common ailment – but it's not too late to protect yourself with the flu shot!







While flu is often mild, it can also lead to serious complications such as pneumonia and the worsening of chronic conditions like diabetes, asthma, heart or kidney disease, HIV, TB and obesity, especially among young children, older adults, pregnant women and people with weakened immune systems.

While everyday precautions like handwashing, avoiding sick people, covering coughs and staying home when ill are important, an annual flu vaccination remains one of the most effective preventive measures, particularly for high-risk groups. Vaccination helps reduce the risk of infection and can lessen the severity of illness, helping to prevent serious outcomes. Getting vaccinated also contributes to herd immunity, which helps protect vulnerable people around you by reducing transmission within households and communities.

When and where

THE FLU VACCINE IS STRONGLY RECOMMENDED FOR HIGH-RISK GROUPS, INCLUDING:

- 
Adults 65 years and older
- 
Pregnant women, at any stage of pregnancy
- 
People with chronic conditions, such as diabetes, asthma/COPD, HIV, TB, heart or kidney disease, and obesity
- 
Young children, especially those under the age of 5 years old

You should get vaccinated every year, ideally before the flu season and winter months begins – but it's not too late. The influenza virus changes each year, so annual vaccination provides the best protection. You can get your shot at public health facilities and private clinics as well as many pharmacies.

Category

1. Our Wellness

default watermark