

GET A **FLU VACCINE** TO HELP YOU **FIGHT THE FLU THIS SEASON** ^{1a}

Flu season is approaching. You can protect yourself and your family by getting a flu vaccine. ¹

An annual flu vaccine is recommended for everyone 6 months of age and older. Pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes, HIV and heart disease are at increased risk of serious flu-related complications. ²

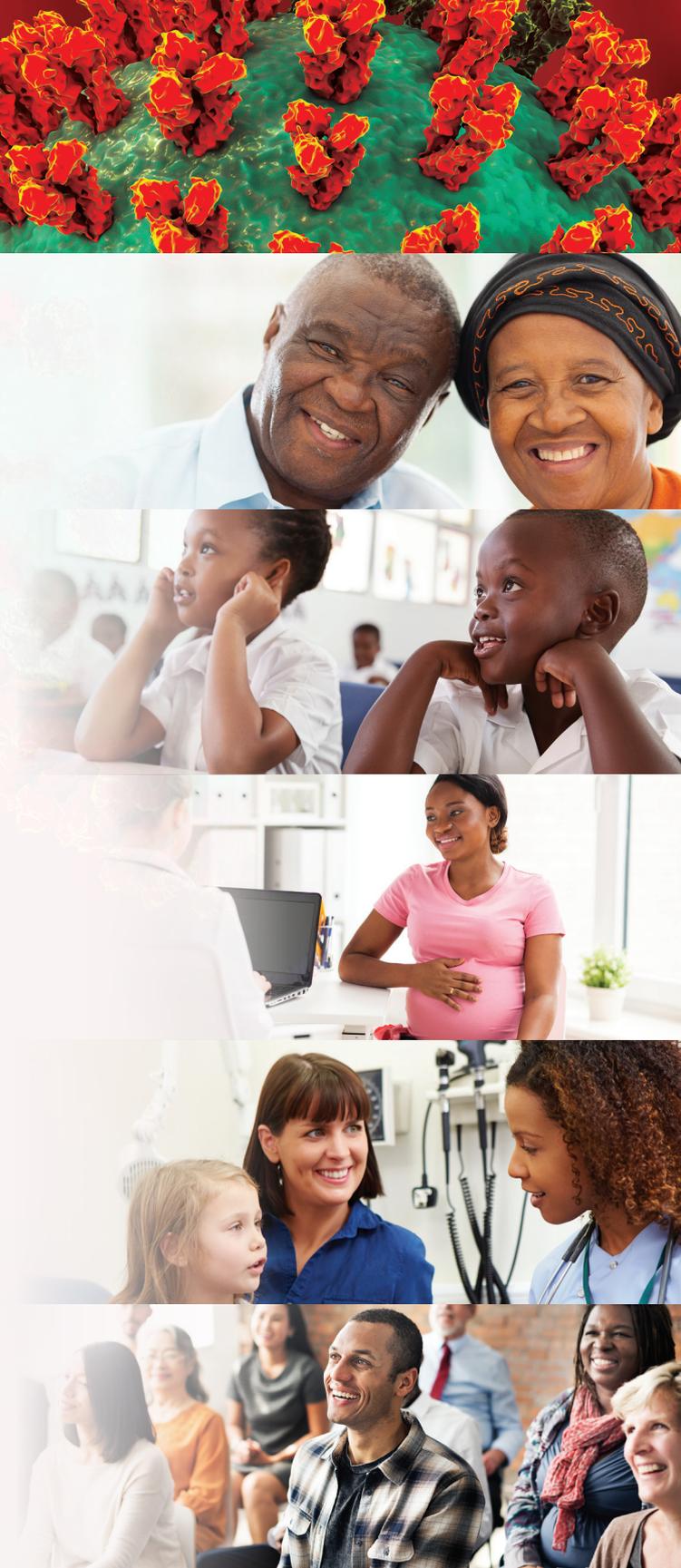
Not only can the flu vaccine reduce flu illness, but it can also reduce doctor's visits and missed work and school due to flu, which leaves you more time to enjoy with family and friends. Importantly, flu vaccine has also been shown to reduce the risk of flu related hospitalization. ¹

Flu can cause serious illness. Understanding how it spreads and how to prevent it is an important step in keeping yourself and your loved ones protected from flu this season. ¹

Flu spreads from person to person. Avoid close contact with sick people, cover your nose and mouth when you cough or sneeze, and wash your hands often with soap and water. ¹

Getting vaccinated against flu is particularly important for people who are at high risk of serious complications from flu. ¹

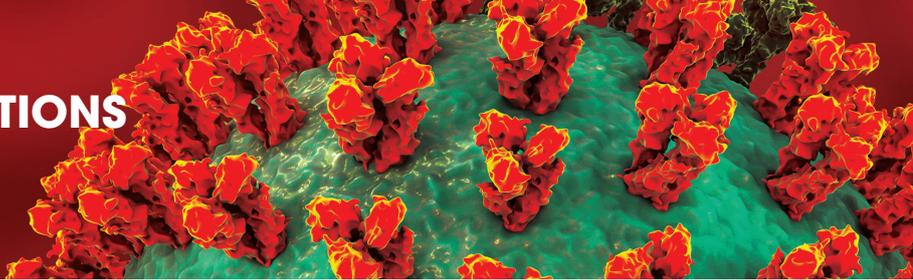
The best way to prevent flu is to get vaccinated. ¹



GET VACCINATED.

Ask your healthcare professional about the flu vaccine today!

FREQUENTLY ASKED QUESTIONS ABOUT THE FLU VACCINE



CAN A FLU VACCINE GIVE YOU THE FLU? ³

No, flu vaccines cannot cause flu illness. Flu vaccines are currently made in two ways: the vaccine is made either with flu viruses that are not infectious or made using only a single gene from a flu virus in order to produce an immune response without causing infection.

IS IT BETTER TO GET THE FLU THAN THE FLU VACCINE? ³

No. Flu can be a serious disease, particularly among young children, older adults and people with certain chronic health conditions, such as asthma, heart disease or diabetes. Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Therefore, getting vaccinated is a safer choice than risking illness to obtain immune protection.

DO I REALLY NEED A FLU VACCINE EVERY YEAR? ²

Yes. Flu viruses are constantly changing so you need the current season's vaccine for the best protection. A person's immune protection declines over time so annual vaccination is needed for the best protection.

IS THE FLU VACCINE SAFE? ²

The flu vaccine cannot cause flu illness; however, it can cause mild side effects, such as lack of energy, headache and muscle pains that may be mistaken for flu.

CAN'T I WAIT AND GET VACCINATED WHEN/IF FLU HITS MY COMMUNITY? ²

It is best to get vaccinated before flu begins to spread. It takes about two weeks after

vaccination for antibodies to develop in the body and provide protection against the flu, so the sooner you get vaccinated, the more likely it is that you will be protected once flu begins to circulate in your community.

DON'T AVOID GETTING A FLU VACCINE BECAUSE YOU DON'T LIKE SHOTS ²

The minor pain of a flu shot is nothing compared to the suffering that can be caused by the flu. A flu vaccine reduces your risk of illness, hospitalization, and can prevent you from spreading the virus to your loved ones. So, whatever little discomfort you feel from the minor side effects of the flu shot is worthwhile to avoid the flu.

WHAT IS SWINE FLU?

Swine flu, also known as the H1N1 virus, is a relatively new strain of an influenza virus that causes symptoms similar to the regular flu. It originated in pigs but is spread primarily from person to person. ⁴

Swine flu made headlines in 2009 when it was first discovered in humans and became a pandemic. Pandemics are contagious diseases affecting people throughout the world or on multiple continents at the same time. ⁴

The World Health Organization (WHO) declared the H1N1 pandemic over in August 2010. Since then, the H1N1 virus has been known as a regular human flu virus. It continues to spread during flu season like other strains of the flu. The flu vaccine developed each year includes a strain of the most common circulating type of H1N1 virus. ⁵

STOP FLU. GET VACCINATED.

Ask your healthcare professional about the flu vaccine today!

REFERENCES: **1.** Centres for Disease Control and Prevention. Seasonal Influenza (Flu). Get a Flu Vaccine! It's the Best Way to Help You Fight the Flu This Season. Available at: <https://www.cdc.gov/flu/pdf/freeresources/general/get-a-flu-vaccine-and-fight-flu-this-season-matte.pdf> Accessed February 5, 2019. **2.** Centres for Disease Control and Prevention. Seasonal Influenza (Flu). No More Excuses: You Need a Flu Vaccine. Available at: <https://www.cdc.gov/flu/pdf/freeresources/general/no-excuses-flu-vaccine-print.pdf> Accessed February 5, 2019. **3.** Centres for Disease Control and Prevention. Seasonal Influenza (Flu). Misconceptions about Seasonal Flu and Flu Vaccines. Available at: <https://www.cdc.gov/flu/about/qa/misconceptions.htm> Accessed February 5, 2019. **4.** Healthline. Swine Flu (H1N1). What is swine flu?. Available at: <https://www.healthline.com/health/swine-flu>. Accessed February 21, 2019. **5.** 2019 Vaxigrip package insert (November 2018)

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