

# GET A GRIP ON FLU

**Healthcare systems** are under **huge pressure** due to COVID-19. **Influenza prevention** has become more of a priority.<sup>1</sup>

THE MOST **EFFECTIVE** WAY TO PREVENT FLU IS THROUGH **ANNUAL VACCINATION.**<sup>1</sup>

VACCINATION IS ESPECIALLY IMPORTANT FOR THOSE **AT HIGH RISK FOR FLU COMPLICATIONS OR CONTRACTING THE FLU**<sup>1,2</sup>



Individuals with **chronic cardiac** or **lung** disorders



**Pregnant woman** at any stage of pregnancy



**Elderly individuals** aged from 65 years



**Healthcare workers**



Individuals infected with ***Mycobacterium tuberculosis*** (TB) or **HIV** (human immunodeficiency virus)

You can have the COVID-19 vaccine and the flu vaccine at the same visit. There is no waiting period between the two vaccines.<sup>3</sup>

**References:** 1. Blumberg L, Cohen C, Dawood H, et al. Influenza NICD Recommendations for the diagnosis, prevention, management and public health response. Available at: <https://www.nicd.ac.za/wp-content/uploads/2020/04/INFLUENZA-GUIDELINES-2020.pdf>. Accessed November 2020. 2. World Health Organization. Influenza (Seasonal). Available at: [https://www.who.int/newsroom/factsheets/detail/influenza-\(seasonal\)](https://www.who.int/newsroom/factsheets/detail/influenza-(seasonal)). Accessed November 2020. 3. Department of Health. NATIONAL COVID-19 VACCINATION PROGRAMME CIRCULAR 3 OF 2022. sanofi-aventis south africa (pty) ltd. Floor 5, Building I, Herford Office Park, 90 Bekker Road, Midrand, 2196. Reg. No. 1996/10381/07. Tel: (011) 256 3700. Fax: (011) 256 3707. [www.sanofipasteur.com](http://www.sanofipasteur.com). For Medical Information Enquiries kindly contact [ZAvaccine.queries@sanofi.com](mailto:ZAvaccine.queries@sanofi.com)  
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