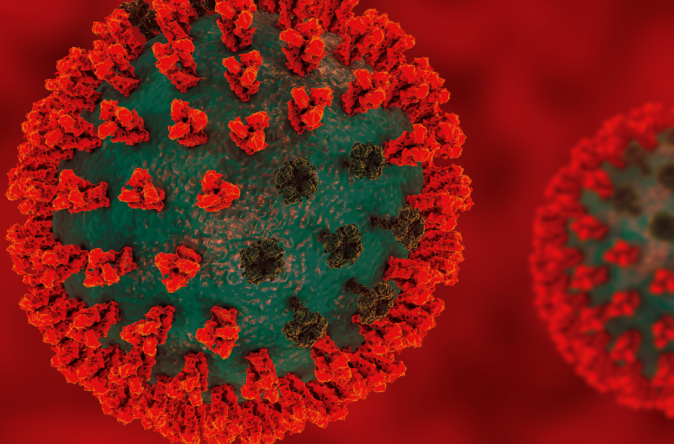




## WHY SHOULD MY CHILD GET A FLU VACCINE?<sup>6</sup>

- ❖ Reduces the risk of **severe illness** and **hospitalisation**.
- ❖ Reduces the risk of illness, which can keep your child from **missing school** or childcare and you from having to **miss work**.
- ❖ Reduces the high risk of developing **serious complications** especially if your child is younger than 5 years, or of any age with certain **chronic conditions**.
- ❖ Helps **prevent spreading flu to family and friends**, including babies younger than 6 months who are too young to get a flu vaccine.



**FLU VACCINES ARE ONE OF THE MOST EFFECTIVE WAYS TO PREVENT FLU.<sup>3</sup>**

**SPEAK TO YOUR HEALTHCARE PROFESSIONAL FOR MORE INFORMATION.**

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# PROTECT YOUR FAMILY AGAINST THE BURDEN OF FLU



## WHAT IS FLU?

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

## ARE MY YOUNG CHILDREN AT RISK FOR FLU?<sup>3</sup>

**Children are very susceptible to flu.** Between 20 and 30% of children contract flu each year, compared to 5-10% of adults.<sup>3</sup>

Flu leads to the annual hospitalisation of approximately 870,000 children under 5 years old worldwide.<sup>3</sup>

Children contribute to the spread of flu in the community due to:<sup>3</sup>

- Close contact with other children at school and day care
- Close contact with adults and the elderly
- Poor hygiene habits
- Limited pre-existing immunity



**650,000**

Up to **650,000 people** worldwide and over **11,000 people** in South Africa, die from flu each year.<sup>1,3</sup>



Up to **5 million people** worldwide, including more than **45,000 South Africans**, get severely ill from flu each year.<sup>1,3</sup> Almost **50%** of these affected South Africans need to be hospitalised.<sup>3</sup>

**STOP FLU**

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.<sup>1,3</sup>

## IS IT COVID, A COLD OR THE FLU?<sup>4</sup>

Virus	Level of infectivity	Time from exposure to infection	Symptoms
<b>COMMON COLD</b> Rhinovirus	<b>Less contagious.</b> Symptomatic individuals shed the virus during the first 2 to 3 days of infection.	2 to 3 days	Cough, low-grade fever, sneezing, sore throat, stuffy nose.
<b>SEASONAL INFLUENZA</b> Influenza virus (A&B)	<b>Contagious.</b> Viral shedding occurs 24 hours before symptoms appear, peaking around day 3 of illness.	1 to 4 days	Body aches, chills, cough, fatigue, fever, headache, sore throat, stuffy nose.
<b>COVID-19</b> Severe acute respiratory syndrome coronavirus 2 (SARS-coV-2)	<b>More contagious.</b> Viral shedding occurs 2-3 days before symptoms appear, peaking around day 3 of illness. There may be shedding without symptoms.	2 to 14 days	Body aches, chills, cough, diarrhea, fatigue, fever, headache, loss of smell/taste, nausea/vomiting, shortness of breath, stuffy/runny nose.

In many cases, influenza infection in young children is associated with severe symptoms, frequent healthcare use, and inappropriate antibiotic use.<sup>3</sup>

**It is important to get the flu vaccine to protect young people against influenza, which helps to reduce the burden on the health system.<sup>3</sup>**