

A vaccination
campaign
in your
company?

Does your company organize
a vaccination campaign?
Don't hesitate!
Although participation in such
a campaign is not mandatory,
it is strongly recommended.



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Flu or no flu?
Better to prevent than to cure!



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Your well-being is our priority

What is "the flu"?

You don't feel too well, you have a bit of a fever, you cough, your throat hurts. Do you have the flu? Probably not: it is likely you are suffering from a mere cold. A genuine flu (influenza) is usually accompanied by high fever, cold shivers, a headache, muscle and joint aches, a sore throat, ... The flu is a viral infection. The virus is transmitted via tiny droplets of saliva released during coughing, sneezing or talking.

Why should I get vaccinated?

In companies, where employees come into contact with one another in closed spaces, the flu virus can spread rapidly. And it is not all that innocent! Every year a few hundred people die from the flu in Belgium. In most cases this concerns elderly people or people suffering from a chronic illness. At the moment there is no ideal treatment for the flu.

Even though antiviral medication can offer some relief during illness, it cannot prevent you from getting the flu. The flu will have you in bed for at least a week and full recovery can take several weeks. So prevention is key: get vaccinated!



Who should get vaccinated?

All healthy employees and especially people with chronic disorders such as heart patients, diabetics, lung or kidney patients and people aged over 65. You can also indirectly protect weakened family members by getting yourself vaccinated, so you won't spread the flu to others.

Can the vaccine have any side effects?

The flu vaccine is very safe: it can in fact be administered to anyone. Some redness and swelling might appear around the injection spot during the first few days, but severe side effects are very rare. However, there is one exception: the vaccine cannot be administered to people who are allergic to egg white.

I got vaccinated and still got the flu!

In most cases this won't actually be the flu but a similar viral infection or a severe cold, with symptoms that resemble those of the flu. The vaccine offers protection in 75% to 80% of the cases. In rare cases you could already have contracted the illness before the vaccination took place. This should never be a reason not to get vaccinated!



When should I be vaccinated?

The vaccine has to be modified each year to match the changing virus. For this reason the vaccination must be repeated yearly. The optimal period is during the autumn months. The protection against the flu lasts at least 6 months, starting two weeks after the vaccination.