

## Do I need an influenza (flu) vaccine if I'm worried about COVID-19?

The big news that broke at the beginning of 2020 was that a new virus was doing the rounds. China's winter didn't just give people a nasty strain of flu. Scientists discovered a new coronavirus, COVID-2019. The virus dominated the headlines and still worries many people.

The Department of Health released a statement that the flu vaccine won't protect you against the coronavirus. **You should still get your flu shot because the vaccine will protect you against another dangerous virus, the flu.** Flu can be dangerous and even deadly.

### Why should I worry about flu?

For many people, flu is just body aches, fever, not having energy and sometimes sniffles and coughs. Unfortunately, this isn't all that flu does. Flu and flu complications can be dangerous, especially for pregnant women, older people, and children.

Flu has killed more people than COVID-19. Across the world, about three to five million people get very ill each year from flu and have to see a doctor for complications or even have to go to hospital. Of these people, about 290 000 to 650 000 people die every year from flu.

### What can I do to protect myself from flu and COVID-19?

How to protect yourself and your family from viruses:

- Wash your hands with soap and water for at least 20 seconds. Wash your hands after using public transport, after using the bathroom and before touching food.
- Don't touch your eyes, nose or mouth with unwashed hands.
- Cough into the fold of your elbow or use a tissue. Coughing into your hand or fist spreads the germs into the air.
- Stay home if you're sick.

### The best way to protect yourself from the flu is to get the yearly flu vaccine

We pay for the flu vaccine for each person on your membership from the Preventative Screening Benefit. You can get the vaccination at a pharmacy, or your doctor can administer it. We pay for the doctor's visit from the available money in your Medical Savings Account.

Get your vaccination. One small jab and you could save a life!