

Pensioners are urged to get the Covid-19 booster vaccine



7.5% of all Platinum Health (PH) pensioners aged 60 plus have been hospitalised and sadly 2.3% have died as a direct result of Covid-19. This is extremely concerning, and therefore it is very important for pensioners to protect themselves against a 5th Covid-19 wave, which is expected at the beginning of May 2022.

Many pensioners suffer from chronic medical conditions such as hypertension and diabetes, which; together with old age, makes them very vulnerable. The Covid-19 vaccine have proven to reduce a person's chance of becoming infected as well as the time the person is infectious to others. Most importantly it reduces the chances of getting seriously ill, or being hospitalised, should they become infected.

PH urges pensioners who have been vaccinated to take a booster vaccine by mid-April because your immune system would be adequately stimulated to deal with the 5th wave of Covid-19 infection, timeously. Those pensioners who have not yet vaccinated, are advised to get vaccinated with the one dose J&J vaccine, as this will offer them maximum protection before the 5th Covid-19 wave arrives.

Mixing vaccines proven more effective

The latest trials have shown that mixing Covid-19 vaccines isn't just safe, it can be more effective than having the same vaccine for each dose.

PH therefore recommends that pensioners:

- who have had the Pfizer vaccine, to get the J&J vaccine.
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Second boosters beneficial

People who have already had a booster vaccine, may now get another booster, **90 days after the previous booster.**

PH therefore encourages pensioners to get another booster if they received their first booster more than three months ago.

Platinum Health members who want to get vaccinated but are unsure where to go, can contact Case Management on 014 590 1700 or 080 000 6942.