

REDUCE THE SPREAD OF FLU



There are a number of ways you can protect yourself and those around you from getting or spreading the flu. Let's have a look....



WASH YOUR HANDS

Wash your hands frequently throughout the day and especially before preparing food or eating, after using the washroom, and after coughing or sneezing into your hands. Wash hands thoroughly with soap and water for 15 seconds, including the thumbs, under the nails and the back of the hands.



COVER YOUR COUGH

Cough or sneeze into your elbow or sleeve, or into a tissue. After you cough or sneeze into your hands or facial tissue, wash your hands. If you have any symptoms of influenza, especially a new or worsening cough, avoid contact with others.



GET THE FLU SHOT

The best way to protect yourself and others against the flu is to get a vaccination.



SANITISE

Keep hand sanitiser close and use it often. Tell those around you to do the same.

Who, in particular, should receive a flu vaccine?

- HIV, Diabetic and Hypertensive patients.
- Patients suffering from chronic obstructive pulmonary disease (COPD), Asthma and Smokers.
- All patients with other chronic diseases.
- The very young - 6 months to two years of age.
- The older generation >50 and especially the elderly >70 years of age.
- Pregnant members.

Where to obtain the flu vaccine

PlatComprehensive and PlatCap members can obtain annual flu vaccines from either Platinum Health (PH) in-house or designated service provider (DSP) pharmacies via the pharmacist advised therapy (PAT) benefit option (as long as the annual limit hasn't been reached).

Members on the PlatFreedom option can utilise their Pharmacy of Choice to obtain the flu vaccine via their PAT benefit, as long as the annual limit hasn't been reached.

Find a PH in-house pharmacy or DSP pharmacy by using the DSP search tool on the website (www.platinumhealth.co.za)



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