



## ■ Protect yourself and others against seasonal influenza – Get a flu jab

### What is flu?

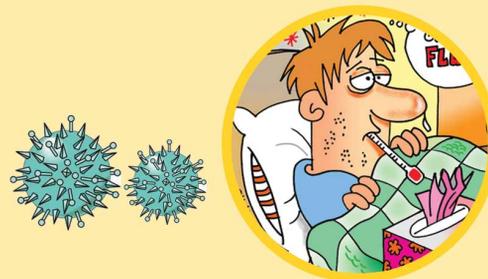
- An infection spreads by droplets when people with flu cough, sneeze or talk
- Symptoms may include fever, sore throat, cough, headache, muscle aches, runny nose and general tiredness

### How severe is illness associated with flu?

- Flu is usually self-limiting with recovery in two to seven days. However, it can be a serious illness to the weak and frail, such as young children and elderly persons
- Serious influenza infection can sometimes occur even in healthy individuals

### What can I do to protect myself from getting flu?

- Adopting a healthy lifestyle and maintaining good personal and environmental hygiene
- Get a flu jab which is about 70 to 90% effective in preventing illness in healthy adults when the vaccine and circulating viruses are well-matched



### Where can I get a flu jab?

You may consult your family doctors. Meanwhile, the Government has launched several programme or schemes to provide free or subsidised flu vaccination:



### 1. Government Vaccination Programme (GVP)–Starting 1 November 2012.

The GVP provides free flu vaccination to groups of people who are in need, for example:

- Children between the age of 6 months and less than 6 years from families receiving Comprehensive Social Security Assistance (CSSA)
- Persons aged 50 years or above receiving CSSA
- Pregnant women receiving CSSA
- People with chronic medical problems receiving CSSA



### 2. Childhood Influenza Vaccination Subsidy Scheme (CIVSS) and Elderly Vaccination Subsidy Scheme (EVSS)–Starting 24 September 2012.

The following Hong Kong residents may receive subsidy from the Government if they receive flu vaccination given by enrolled private doctors. The scheme logos of CIVSS and EVSS will be displayed in the clinics:

- Children between the age of 6 months and less than 6 years; or aged 6 years or above but attending a kindergarten or child care centre in Hong Kong
- Elders aged 65 or above this year

### 長者疫苗資助計劃 Elderly Vaccination Subsidy Scheme

2012/13  
今年65歲或以上香港居民  
Hong Kong residents aged 65 or above  
this year



For more details on GVP, CIVSS and EVSS, please visit the Centre for Health Protection website at <http://www.chp.gov.hk> Enquiry: 2125 2125

