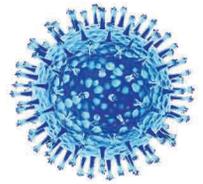


## Action to fight seasonal influenza - Get a flu Jab

### 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.

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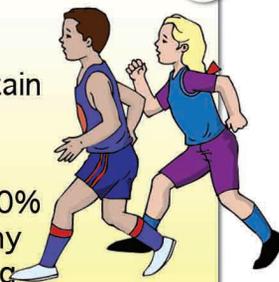
### How severe is illness associated with flu?

- 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.

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### 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.



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### Where can I get a flu jab?

Consult your 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 2011

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

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

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### 2. Childhood Influenza Vaccination Subsidy Scheme (CIVSS) and Elderly Vaccination Subsidy Scheme (EVSS) – Starting 26 September 2011

The following Hong Kong residents may receive subsidy if they receive flu vaccination given by enrolled private doctors:

- 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 who are 65 or above this year

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



Information provided by the Centre for Health Protection - Department of Health Hong Kong.

In 2011/12, the Scientific Committee on Vaccine Preventable Diseases recommends the following categories of persons to receive seasonal influenza vaccination:

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- Elderly persons living in residential care homes
- Long – stay residents of institutions for the disabled
- Persons aged 50 years or above
- Persons with chronic medical problems including obesity (Body Mass Index 30 or above)
- Health care workers
- Children aged between 6 months and less than 6 years
- Pregnant women
- Poultry workers
- Pig farmers and pig-slaughtering industry personnel

Seasonal influenza vaccination is generally suitable for all people for personal protection. Should you have any queries, Please consult your doctor.