



## Key reasons to get a flu vaccine?

Every year, **flu vaccination** prevents illnesses, medical visits, hospitalisations, and deaths.

It's a **preventive tool** for people with **chronic health conditions**.

Your protection from a flu vaccine declines over time, so it's a good idea to get **vaccinated annually** to maintain your immunity.

Although there's still a chance you might get flu after the vaccine, **it's likely to be milder** and not last as long.

**It's best to get the flu vaccine before winter sets in.**

Winter is the time when you are **most likely** to come into **contact with the flu**. It takes about **2 weeks** for the flu vaccination **to be most effective**. But even if you haven't had the vaccination before winter, you **can still get vaccinated** and prevent flu later on.

**It's also important to strengthen your immune system!**

Eat a balanced diet, exercise regularly, manage your stress and ensure adequate sleep.

**The best defense against the flu?  
Getting vaccinated & maintaining a  
healthy lifestyle.**