DEPARTEMENT
ZORG

Dit is een vertaling van de folder
"Omdat je graag bezoek krijgt, maar liever geen griep of corona"

BECAUSE HAVING VISITORS IS NICE, BUT PREFERABLY NOT FROM CORONA OR FLU.

Vaccination? You know why

WHY SHOULD YOU GET VACCINATED THIS AUTUMN?

This is a unique and special time, and no doubt you want to do everything you can to give your baby the best start.

Because you won't get sick thanks to the flu and corona vaccine, or much less sick:

- You won't have to visit your doctor, other health care providers or the hospital as much.
- You are less likely to end up in the hospital.
- You are at less risk of dying.

WHO SHOULD IDEALLY GET VACCINATED AGAINST FLU AND CORONA?

Vaccinations against flu and corona reduce your risk of getting seriously ill or ending up in hospital. These vaccines are therefore recommended to people most at risk of getting seriously ill from flu or corona. You can check below if the vaccinations are recommended for you:

Flu and corona vaccination

- You are 65 or older.
- You are a long-term resident at a care facility such as a residential care centre.
    - You have an underlying health problem such as:
    - lung, heart, liver or kidney disease
    - metabolic disorders such as type 1 and type 2 diabetes
- neuromuscular disorders
- You have an immune disorder or you live with someone with an immune disorder.
- You work in the care sector, in or outside a care facility.
- You are obese (BMI >= 40).

Flu vaccination

- You are pregnant.

- You live with children under six months of age whose mother was not vaccinated during her pregnancy.
- You live with someone with an underlying health problem.

A corona vaccination may also be beneficial for pregnant women. Consult your doctor or gynaecologist in this regard.
Even if you are not in one of these groups, you can still get vaccinated.

PRACTICAL DETAILS

When is it best to get vaccinated?

It is important to get vaccinated in good time in autumn.

- Corona vaccination: ideally before the end of October
- Flu vaccination: from mid-October.

There is currently no vaccine that protects you against both flu and corona. You have to get 2 vaccines, but you can get them at the same time. Your doctor or chemist will administer them on different sites on your body. For example, 1 vaccine in each arm.

Where can you get vaccinated?

Make an appointment with your general practitioner or chemist. They will give you a time slot to get vaccinated against corona and flu. Do you get home visits from the nurse? This person can also vaccinate you.

Do you work in the care sector? Your employer's occupational health service can administer both the corona vaccine and flu vaccine to you at your workplace. At workplaces outside the care sector, the flu vaccine is also sometimes offered for free, but not the corona vaccine.

Only the flu vaccine can be offered at workplaces outside the care sector.

How much does a vaccination cost?

The corona vaccine is free. Will you get vaccinated by your doctor? Then you will pay for the doctor's visit.

The flu vaccine is not free. Are you in the group of people for whom the vaccine is recommended? Then your health insurance will reimburse you much of the cost. You then have to pay less than 5 euros yourself. Will you get vaccinated by your doctor? Then you will also pay for the doctor's visit. Will you get vaccinated by the occupational health service? Then the employer pays the cost, so the flu vaccine is free.

Do you live in a residential care centre, a psychiatric care home or a facility for people with disabilities? Then the vaccinations are free.

GOOD TO KNOW

Is vaccination still beneficial if you already had the flu or corona, even if you weren't seriouslly ill?

Although your immunity has been boosted by a previous infection, the protection doesn't last forever and may be inadequate. And even though you weren't seriously ill previously, you may get seriously ill the next time you are infected. That's why re-vaccination is recommended, especially If you are vulnerable.

Is vaccination still beneficial if you have previously been vaccinated?

The corona and flu vaccines offer excellent protection against the diseases. But this protection diminishes after a few months. Flu and corona vaccines are regularly adapted to the latest variants of the virus circulating. It is therefore best to get re-vaccinated in the autumn, before corona and the flu start to spread again.

Do the vaccines have any side effects?

Because vaccines are drugs, they may have mild side effects:

- At the vaccination site, you may experience minor pain, redness or a little swelling. That will soon disappear.
- You may get a headache and fever, but these only last a few days.
- Will you get the flu and corona vaccine at the same time? Then you may have a bit more fever or muscle pain.

In very rare cases, there are more serious side effects. The risk of this occurring is much smaller than the risk of you or someone close to you becoming seriously ill because you were not vaccinated.

PROTECT YOURSELF EVEN MORE WITH GOOD HABITS

Vaccination is not the only way to protect yourself and other people. With a few good habits, you can avoid infection with flu or corona.

- Wash your hands regularly with soap and water.
- Ventilate places where you are together with many people.
- Are you coughing and sneezing? Cough and sneeze into a paper tissue and dispose of it immediately. Do you not have any tissues? Sneeze into your elbow.
- Are you ill? Stay at home. Do you still need to take public transport or be in crowded places? If so, wear a face covering.

Do you want more information about vaccines?

- Your doctor is the best person to give advice.
- www.allesovervaccineren.be.