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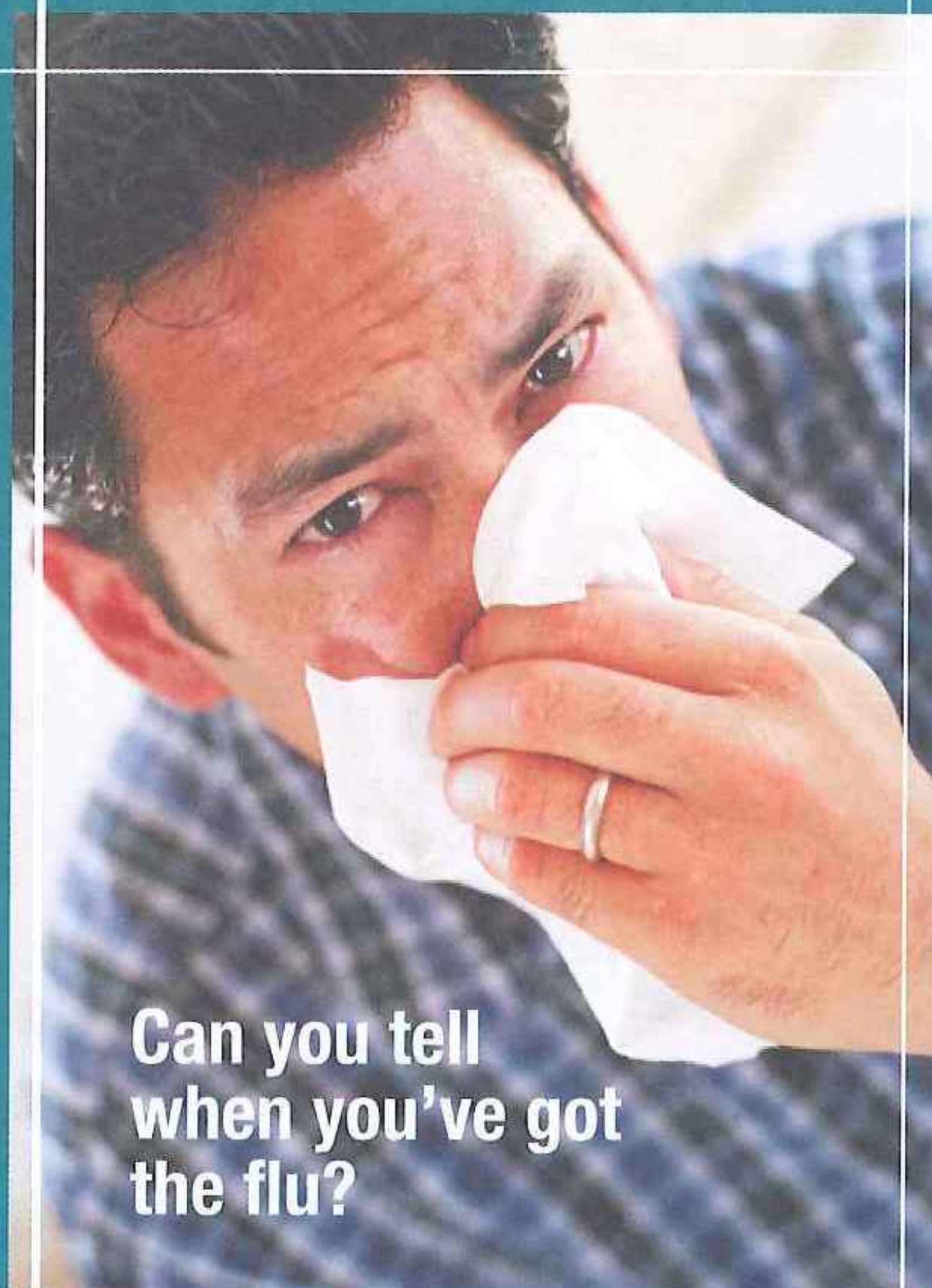
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ANG MO KIO POLYCLINIC

NHG Polyclinics FAMILY



Can you tell
when you've got
the flu?

INFLUENZA - STOP THE SPREAD



National Healthcare Group
POLYCLINICS

The flu is highly contagious, and can result in severe symptoms. Get vaccinated and protect yourself and your family!

It is a common misconception that the flu is a minor illness. In fact, it can pose serious risks to the heart and lungs. Vaccination, however, can significantly reduce these risks.

What is influenza?

Influenza, commonly known as “flu”, is a viral infection of the upper respiratory tract. It is highly contagious and can affect people of any age. In Singapore’s tropical environment, the flu bug is present year-round. However, in temperate countries, flu outbreaks often occur during winter.

How is influenza different from the common cold?

Flu symptoms are more severe than those of the common cold. These include experiencing high fever, muscle aches, tiredness, headaches, cough and runny nose which may lead to heart, lung, ear, or muscle complications.

How do I catch influenza?

Influenza is transmitted by respiratory droplet inhalation through sneezing, coughing or talking. Direct contact between contaminated surfaces and touching one’s mouth, nose or eyes also allow for transmission.

Can I prevent myself from getting influenza?

Yes. Vaccination can protect you against influenza.



Who should go for vaccination?

- Anyone aged 65 and above
- Anyone in a poor state of health or is suffering from long-term medical conditions, for example, diabetes mellitus, kidney dysfunction, heart or lung conditions including asthma
- Travellers going to flu epidemic areas especially during winter
- Residents of nursing homes or old folks homes
- Women in their second and third trimester of pregnancy



How often do I need vaccinations?

Upon vaccination, your immunity will last for about a year.

How effective is the vaccination?

The vaccine has proven to be able to prevent flu in 70-90% of normal healthy adults. It is especially effective in preventing complications of influenza amongst the elderly such as pneumonia, hospitalisation and even death.

Are there any side effects of the vaccination?

The vaccine is generally well tolerated. Most people do not experience any significant side effects.

Can I still catch the flu after being vaccinated?

While you may still catch the common cold, the vaccination will greatly reduce the risk of contracting the more serious influenza virus.

Is there anyone who should not take the flu vaccine?

Those who have had a serious reaction to a previous flu vaccination or a severe allergy to eggs should avoid the vaccination. If unwell, consult your doctor as to whether you should postpone the vaccination.