

Influenza Vaccination – Frequently Ask Questions (FAQ)

1. What is seasonal influenza?

Seasonal influenza (or "flu") is most often caused by influenza type A or B viruses. Symptoms usually include sudden fever, dry cough, headache, muscle and joint pain, sore throat, and a runny nose. Cough can be severe and may last for 2 weeks or longer. Most people recover within a week without medical treatment, but influenza can cause serious illness or death in high-risk groups (see below).

Seasonal epidemics occur mainly during winter, from October to March in the northern hemisphere and April to September in the southern hemisphere. In tropical countries like **Malaysia**, seasonal influenza can **happen all year round.**

2. Who should get vaccinated for influenza?

The vaccine is recommended for everyone aged 6 months and above, especially those at higher risk of severe complications, including:

- Young children
- Elderly individuals
- Pregnant women
- People with chronic medical conditions (e.g., diabetes, asthma, heart disease)
- Individuals with weakened immune systems
- Healthcare workers

Members may also use the **eConsult** (Teleconsultation) on the PMCare app for medical advice.

3. Why influenza vaccination is important?

The flu vaccine helps protect you from infection and reduces the risk of serious complications, hospitalization, or death caused by influenza.

4. How often should one get vaccinated for influenza?

It is generally recommended to receive the flu vaccine once a year. This is because influenza virus strains change frequently, and the vaccine is updated annually to match the most common strains.



5. Is the flu vaccine safe?

Yes. The flu vaccine is safe and has been widely tested for safety and effectiveness. It is approved by international health authorities such as the **CDC (Centers for Disease Control and Prevention)** and the **WHO (World Health Organization)**. Like other vaccines, it may cause mild side effects such as soreness at the injection site or low-grade fever, but these usually resolve quickly.

6. When should I get vaccinated?

It is advisable to get vaccinated before the flu season begins, ideally in the early fall. However, getting the flu vaccine at any time during the flu season can still be beneficial, as it takes approximately two weeks for the body to develop protective antibodies after vaccination.

7. Can I still get the flu even after getting vaccinated?

Yes, although the flu vaccine does not guarantee 100% protection. If you do get the flu, your symptoms are likely to be milder, and your risk of complications is much lower compared to being unvaccinated.

8. Are there any potential side effects of the flu vaccine?

Common side effects include mild pain or redness at the injection site, and sometimes a low-grade fever. Serious side effects are extremely rare. If you have specific medical conditions or allergies, consult your healthcare provider before getting vaccinated.

9. What should I do if I feel unwell on the day of vaccination?

If you are experiencing fever, flu-like symptoms, or feel unwell, please postpone your vaccination and contact the clinic to reschedule.



Vaksinasi Influenza – Soalan Lazim

1. Apa itu influenza bermusim?

Influenza bermusim (atau “flu”) biasanya disebabkan oleh virus influenza jenis A atau B. Gejalanya termasuk demam secara tiba-tiba, batuk kering, sakit kepala, sakit otot dan sendi, sakit tekak serta hidung berair. Batuk boleh menjadi teruk dan berlanjutan lebih 2 minggu. Kebanyakan orang pulih dalam masa seminggu tanpa rawatan perubatan, tetapi influenza boleh menyebabkan penyakit serius atau kematian dalam kumpulan berisiko tinggi.

Wabak influenza bermusim biasanya berlaku pada musim sejuk (Oktober - Mac di hemisfera utara dan April - September di hemisfera selatan). Di negara tropika seperti **Malaysia**, influenza boleh **berlaku sepanjang tahun**.

2. Siapa yang patut mendapatkan vaksin influenza?

Vaksin ini disyorkan untuk semua individu berumur 6 bulan ke atas, terutamanya mereka yang berisiko tinggi mengalami komplikasi serius, termasuk:

- Kanak-kanak kecil
- Warga emas
- Wanita hamil
- Pesakit dengan penyakit kronik (contoh: diabetes, asma, sakit jantung)
- Individu dengan sistem imun yang lemah
- Pekerja penjagaan kesihatan

Ahli juga boleh menggunakan **eConsult** (Telekonsultasi) dalam aplikasi PMCare untuk mendapatkan nasihat perubatan.

3. Mengapa vaksinasi influenza penting?

Vaksin influenza melindungi anda daripada jangkitan dan mengurangkan risiko komplikasi serius, kemasukan ke hospital atau kematian akibat influenza.

4. Berapa kerap perlu mendapatkan vaksin influenza?

Secara umum, vaksin influenza disarankan sekali setahun. Ini kerana virus influenza sering berubah dan vaksin dikemas kini setiap tahun mengikut strain yang paling lazim.



5. Adakah vaksin influenza selamat?

Ya. Vaksin influenza adalah selamat dan telah diuji secara meluas dari segi keselamatan serta keberkesanan. Ia diluluskan oleh badan kesihatan antarabangsa seperti **CDC (Centers for Disease Control and Prevention)** dan **WHO (World Health Organization)**. Seperti vaksin lain, kesan sampingan ringan mungkin berlaku, seperti sakit pada tempat suntikan atau demam ringan, tetapi biasanya cepat hilang.

6. Bila masa terbaik untuk mendapatkan vaksin?

Masa terbaik adalah sebelum musim flu bermula. Namun, pengambilan vaksin pada bila-bila masa dalam setahun masih memberi manfaat kerana badan memerlukan kira-kira dua minggu untuk menghasilkan antibodi perlindungan selepas suntikan.

7. Bolehkah saya masih dijangkiti flu walaupun sudah divaksin?

Ya, vaksin influenza tidak memberi perlindungan 100%. Tetapi jika dijangkiti, gejala biasanya lebih ringan dan risiko komplikasi adalah jauh lebih rendah berbanding mereka yang tidak divaksin.

8. Apakah kesan sampingan vaksin influenza?

Kesan sampingan yang biasa adalah ringan seperti sakit atau kemerahan di tempat suntikan dan demam rendah. Kesan sampingan yang serius amat jarang berlaku. Jika anda mempunyai alahan tertentu atau masalah kesihatan, sila rujuk penyedia penjagaan kesihatan anda sebelum divaksin.

9. Apa yang perlu saya lakukan jika tidak sihat pada hari vaksinasi?

Jika anda mengalami demam, gejala seperti flu atau berasa kurang sihat, sila tangguhkan vaksinasi anda dan hubungi klinik untuk menjadualkan semula.