

Griepvaccinatie

Bescherm jezelf en anderen

Flu vaccination

Protect yourself and others

What is the flu?

It is a contagious disease of the respiratory system. This is the nose, throat, trachea and lungs

It occurs every winter

You feel sick:

- Dry cough
- Headache
- Sore throat
- Fever
- Muscle pain
- Cold chills



You can prevent the flu in the same way you prevent coronavirus!



Wash your hands often



Wear a face mask where necessary

1,5 meter is ongeveer een fiets voor volwassenen.



Keep 1.5 meters distance
1.5 meters is about the size of a bicycle



The best way to protect yourself is by getting a flu shot

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How do you get a flu shot?

1. Go to your general practitioner and get a prescription.
2. Then take your prescription to your pharmacist. The pharmacist will give you the vaccine
3. Store the vaccine in the refrigerator
4. Take that vaccine back to your general practitioner. The general practitioner will give you the flu shot



When can I pick up a prescription from the general practitioner?

People who are in an high-risk group are able to get their prescription from the general practitioner **now**. The flu is dangerous for these people.

Other people will have to wait until **after** 15 November

Who belongs to the high-risk groups?

People aged 50 years and older

Pregnant women

People who have a disease that cannot be cured

People who live in a residential care centre or institution



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People living together with high-risk people or taking care of children under 6 months of age

People working in the healthcare sector

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Do you belong to an high-risk group?

1. Get your prescription from your general practitioner now
2. Pick up the vaccine from your pharmacist between 1 October and 15 November. Store the vaccine in the refrigerator
3. Take the vaccine to your general practitioner between 15 October and 15 November. He will give you a flu shot

You do not belong to an high-risk group, and you also want to get a flu shot?

Go to your general practitioner after 15 November and ask for a prescription

What is the cost of the vaccine?

Do you belong to an high-risk group? Then you will pay about 4 EUR for the vaccine
Do you have a low income and are you therefore entitled to an increased reimbursement? Then you will pay 2.45 EUR

You do not belong to an high-risk group? Then you will pay about 10 EUR for the vaccine.

Ask your health insurance fund to see whether you are entitled to an extra reimbursement for the purchase of your vaccine.

Did you get the flu shot and you still feel sick?

Call your general practitioner or counsellor

