



**Nov 1, 2016**

Aside from eating healthy, washing your hands and keeping yourself warm this winter, getting a flu shot is the best way to protect you and your family from flu. Those who benefit most in getting the vaccine are:

- Children and infants above 6 months
- Pregnant women
- Seniors
- People with disabilities
- People with health conditions
- Travelers

OT&P flu vaccination for **2016/2017** flu season includes **FluQuadri Quadrivalent** for kids under 3 years old & **Fluarix Tetra** for all others. They are now available in all our clinics. This vaccine covers the flu strains below as advised by World Health Organisation (WHO)

- A/California/7/2009 (H1N1)pdm09-like virus
- A/Hong Kong/4801/2014 (H3N2)-like virus
- B/Brisbane/60/2008- like virus
- B/Phuket/3073/2013-like virus

All children under the age of 5 need doctor's consultation before the vaccination. From the ages of 5-17, if they are new patients, they must also see a doctor first before any vaccine can be administered. For existing child patients of OT&P between the ages of 5-17, consultations may be needed and will be decided on a case by case basis.

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