

Prevention and safety at work

WIDER AND EVEN MORE EFFECTIVE PROTECTION AGAINST THE FLU!



In the 2022/2023 season Medicover will provide vaccination against influenza with the quadrivalent, inactivated **Vaxigrip Tetra** vaccine (for children between 6 months and adults) [3].

Vaccine is **quadrivalent**, which means they protect us against up to four strains of the flu virus:

- A/Victoria/2570/2019 (H1N1)pdm09 - similar strain (A/Victoria/2570/2019, IVR-215)
5 microgram HA**
- A/Cambodia/e0826360/2020 (H3N2) - similar strain (A/Darwin/9/2021, IVR-228)
5 microgram HA**
- B/Washington/02/2019 (Victoria line) - similar strain (B/Michigan/01/2021)
15 microgram HA**
- B/Phuket/3073/2013 (Yamagata line) - similar strain (B/Phuket/3073/2013)
15 microgram HA**

The composition of the vaccine complies with the recommendations of the World Health Organization for the Northern Hemisphere and the decision of the European Union for the 2022/2023 season.

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The vaccine we offer is best suited to the current epidemiological situation, and their composition best reflects the evolution of the influenza virus.

The vaccine provides effective protection against the flu during the infectious season. Due to the high antigenic variability of the virus, it is recommended to get vaccinated every year, which allows the body to become resistant to different virus strains.

Vaccination aims to strengthen your immunity against the flu virus and to protect you from post-flu complications. The vaccine stimulates the production of antibodies that help fight the infection [1].

The vaccine starts working within 2 - 3 weeks after vaccination.

Indications for vaccination

Although flu vaccines are not effective against COVID-19, WHO experts recommend vaccinating all adults and children. In particular, people from the following groups who are particularly at risk of severe disease and complications[2]:

- healthy children between 6 months and 18 years of age,
- people over 55,
- adults and children, patients with chronic diseases of the cardiovascular and respiratory systems (including patients with asthma), kidney diseases, liver diseases, neurological diseases, haematological diseases, metabolic diseases (including diabetic patients), with immunodeficiencies, and after organ transplants,
- women pregnant or planning pregnancy,
- people who have close contact with children under 6 months of age, as well as with the elderly or individuals with chronic conditions,
- healthcare workers (medical and administrative staff), pupils and students of medical schools and colleges or other schools and universities providing education in medical faculties, school, retail and transportation workers, as well as public officials, in particular: the police, army, border guards, and fire brigades,
- residents of nursing or social homes and other institutions providing round-the-clock care for disabled, chronically ill or elderly people.

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Contraindications for vaccination

Hypersensitivity to active substances, any of the excipients or to any component that may be present in trace amounts, such as egg residue (ovalbumin, chicken proteins), neomycin, formaldehyde, and octoxynol-9 [3].

Vaccination should be postponed in patients suffering from illness with moderate or severe fever or acute disease.

Possible side effects

The safety of VaxigripTetra vaccine has been confirmed in clinical trials.

The most often reported side effects of vaccination were:

- pain at the injection site
- headache,
- muscle pain,
- feeling unwell overall [3].

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In accordance with recommendations, as with all injectable vaccines, Medicover provides supervision and appropriate assistance in the event of rare anaphylactic reactions following vaccination [3]

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ENDNOTES:

[1] www.pzh.gov.pl.

[2] Announcement by the Chief Sanitary Inspector of 26 October 2020 on the 2021 Immunization Programme.

[3] Summary of product characteristics for VaxigripTetra