



THE 'COLD' THAT COULD KILL

**NEVER UNDERESTIMATE THE DANGER THAT FLU POSES
TO THE ELDERLY, EVEN IN TIMES OF COVID-19**

**'SELESEMA' YANG MEMBAWA MAUT
JANGAN PANDANG RENDAH AKAN BAHAYA SELESEMA
KEPADA WARGA EMAS, WALAUPUN KETIKA COVID-19**

‘伤风’也能致命

永不低估流感对年长者的危害，甚至是在新冠肺炎之时。



**FLU PREVENTION IS AN ACT OF LOVE.
VAKSINASI PENGIKAT KASIH SEJATI.**

预防流感就是爱的表现。

WHAT IS THE DIFFERENCE BETWEEN THE COLD, FLU AND COVID-19?

Cold, flu and COVID-19 have almost similar symptoms.^{1,2} Generally, colds are mild while flu and COVID-19 can result in complications and hospitalisations.^{1,2} Various health experts have

stated that getting a flu vaccination is more crucial amid the COVID-19 pandemic. So is it the cold, flu or COVID-19? Find out in this chart:^{1,3}

Signs & Symptoms	COLD	FLU	COVID-19
Symptom onset	Gradual	Abrupt	Varies (2-14 days after exposure)
Fever	Rare	Usual; lasts 3-4 days	Common
Aches	Slight	Usual; often severe	Common
Chills	Uncommon	Fairly common	Common
Fatigue, Weakness	Sometimes	Usual	Common
Sneezing	Common	Sometimes	
Chest discomfort	Mild to moderate	Common	
Cough	Hacking cough	Can be severe	Common
Runny/Stuffy nose	Common	Sometimes	Common
Sore throat	Common	Sometimes	Common
Headache	Rare	Common	Common
Shortness of breath or difficulty breathing		Common	Common
Diarrhoea and vomiting		Sometimes, more common in children than adults	Rarely (more likely to occur in children)
New loss of taste or smell			Sometimes

WHY DO I GET THE FLU?

The flu is highly contagious. One person can infect another if they are within 6 feet of each other.⁴



Cough



Sneeze



Talk

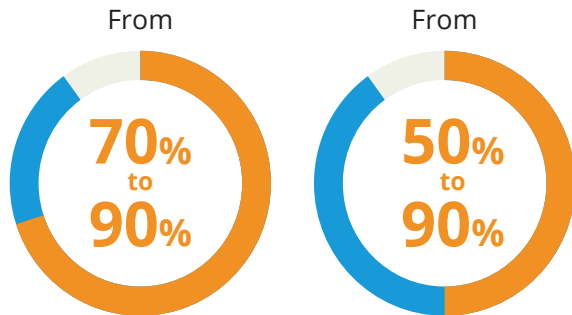
You can get flu:⁴

- When an infected person coughs, sneezes or talks. Droplets may be **inhaled into the lungs even from 6 feet away.**
- By **touching a surface or object that has flu virus** on it and then touching your own eyes, mouth or nose.

People with flu may be able to infect others **beginning 1 day before flu symptoms show and up to 7 days after falling ill.**⁴

WHY IS FLU DANGEROUS FOR ELDERLY?

Elderly above the **age of 65 are at greater risk of serious complications** from flu compared to young and healthy adults, because **human immune systems weaken with age.**⁵



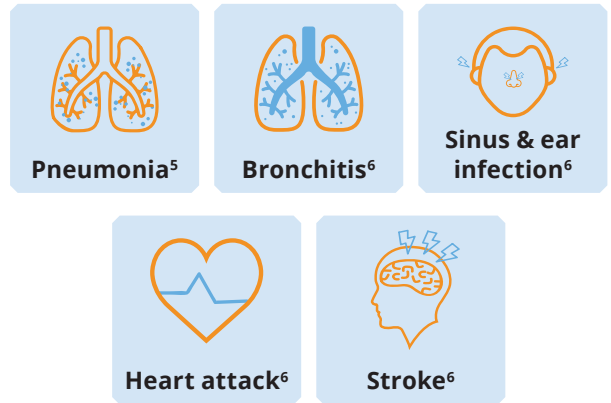
of **flu-related deaths** have occurred in people ≥65 years old⁵

of **flu-related hospitalisations** have occurred in people ≥65 years old⁵

Flu can be even more dangerous for elderly who have:⁶

- Asthma
- Diabetes
- Chronic lung disease
- Obesity issues
- Heart or liver or kidney problems
- An illness that causes them to take steroids or other medication like chemotherapy that weakens the immune system

WHAT ARE THE FLU COMPLICATIONS?



Flu can trigger cardiovascular complications



* In a self-controlled case series study conducted on a database of adults aged 40 years and older with ~90% of the study population aged 50 years and older.

HOW TO AVOID THE FLU?



Avoid close contact with people who are sick.⁸

Cover your mouth and nose with a tissue when coughing or sneezing.⁹



If you don't have a tissue, **cough or sneeze into your elbow or sleeve.**⁸

Wash your hands to protect yourself and others from germs.⁸



GET VACCINATED EACH YEAR.

Recommended by the World Health Organization (WHO), the flu vaccine protects you against A and B influenza virus strains.¹⁰

An annual flu vaccine is the best way to reduce an elderly person's risk of flu and its potentially serious consequences. Flu vaccines.¹¹



Reduce the risk of having to go to the doctor for flu illness by 45% among people 65 and older.¹²

Reduce the risk of hospital admission by 45%.¹³



Reduce the risk of deaths from pneumonia/flu by 42%.¹³

Review of 64 studies (randomised, quasi-randomised, cohort, and case-control studies assessing efficacy laboratory-confirmed influenza illness cases or influenza-like illness.)

Vaccinating against influenza can reduce the risk of cardiovascular complications.^{14,15}

36% reduction in all patients¹⁴

18% reduction in heart-failure patients¹⁵

*Meta-analysis of 6 randomised clinical trials with 6735 patients.¹⁴

WHY DO I NEED A FLU VACCINE EVERY YEAR?

Flu viruses are constantly changing. The formulation of the flu vaccine is reviewed each year and updated to keep up with flu viruses.¹⁶

The body's immune response towards vaccination **declines over time**, so an annual vaccine is needed for optimal protection.¹⁶

ARE FLU VACCINES SAFE?

Flu vaccines have a good safety record. Hundreds of millions of doses have been used over the past 70 years,¹⁷ and there has been extensive research supporting the safety of flu vaccines.¹⁸

A flu vaccine is the best way to reduce your chances of getting the flu and spreading it to others. Everyone 6 months of age and older is recommended to receive a flu vaccine every year.¹⁸

“ Speak to your doctor about the flu vaccine. ”

REFERENCES: **1.** CDC. Similarities between flu and COVID-19. Available at <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>. Last accessed Nov 2020. **2.** CDC. Common Colds: Protect Yourself and Others. Available at <https://www.cdc.gov/features/rhinoviruses/index.html>. Last accessed Nov 2020. **3.** CDC. Cold versus Flu. Available at <https://www.cdc.gov/flu/symptoms/coldflu.htm>. Last accessed Nov 2020. **4.** CDC. Seasonal Influenza (Flu). Key Facts About Influenza (Flu). Available at <https://www.cdc.gov/flu/about/keyfacts.htm>. Last accessed Nov 2020. **5.** CDC. People 65 and Older & Influenza. Available at <https://www.cdc.gov/flu/highrisk/65over.htm>. Last accessed Nov 2020. **6.** Aging.com. A guide to seasonal flu for seniors. Available at <https://www.aging.com/a-guide-to-the-seasonal-flu-for-seniors/>. Last accessed Nov 2020. **7.** Warren-Gash, C. *et al.* *Eur. Respir. J.* **51**(3). pii:1701794 (2018). **8.** CDC. Flu Preventive Steps. Available at <https://www.cdc.gov/flu/prevent/prevention.htm>. Last accessed Nov 2020. **9.** Chiang M, *et al.* Effectiveness of cough etiquette maneuvers in disrupting the chain of transmission of infectious respiratory diseases. *BMC Public Health* 2013;**13**:811. **10.** WHO. Influenza (Seasonal). Available at [https://www.who.int/en/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/en/news-room/fact-sheets/detail/influenza-(seasonal)). Last accessed Nov 2020. **11.** CDC. Adults 65 and older Need a Flu Shot. Available at <https://www.cdc.gov/flu/pdf/freeresources/seniors/seniors-vaccination-factsheet-final.pdf>. Last accessed Nov 2020. **12.** CDC. A Flu Shot is The Best Shot at Prevention for People 65 and Older. Available at <https://www.cdc.gov/flu/pdf/freeresources/seniors/65-and-older-matte.pdf>. Last accessed Nov 2020. **13.** Lang P. Effectiveness of influenza vaccine in aging and older adults: comprehensive analysis of the evidence. *Clinical Interventions in Aging* 2012;**55**-64. **14.** Udell, J. A. *et al.* *JAMA.* **310**(16):1711-20 (2013). **15.** Modin, D. *et al.* *Circulation.* **29:139**(5):575-586 (2019). **16.** CDC. Key Facts About Seasonal Flu Vaccine. Available at <https://www.cdc.gov/flu/prevent/keyfacts.htm>. Last accessed Nov 2020. **17.** CDC. Influenza Historic Timeline. Available at <https://www.cdc.gov/flu/pandemic-resources/pandemic-timeline-1930-and-beyond.htm>. Last accessed Nov 2020. **18.** CDC. Flu Vaccine Safety Information. Available at <https://www.cdc.gov/flu/prevent/general.htm>. Last accessed Nov 2020.

伤风、流感和

新冠肺炎有何区别？

伤风、流感和新冠肺炎都具有几乎相同的症状。^{1,2} 一般来说，伤风无大碍，而流感和新冠肺炎则会导致并发症，并且要住院治疗。^{1,2} 各种医学专家表示，

在新冠肺炎大流行中，接种流感疫苗更为重要。到底是伤风、流感还是新冠肺炎？请查阅下表一窥全貌：^{1,3}

体征与症状	伤风	流感	新冠肺炎
病发症状	逐渐	突发性	多变(暴露后2至14天)
发烧	很少见	寻常; 持续3至4天	常见
疼痛	轻微	寻常; 通常很严重	常见
发冷	不常见	较常见	常见
疲惫, 衰弱	偶尔	寻常	常见
打喷嚏	常见	偶尔	常见
胸口不适	轻度至中度	常见	常见
咳嗽	干咳	可以很严重	常见
流鼻水/鼻塞	常见	偶尔	常见
喉咙痛	常见	偶尔	常见
头痛	很少见	常见	常见
气促或呼吸困难		常见	常见
腹泻与呕吐		偶尔, 而且儿童比成人更常见	少见(大多数发生在儿童身上)
失去味觉或嗅觉			偶尔

为何我会患上流感？

流感具有高度的传染性。倘若两人之间的距离在6尺范围内，就会很容易被传染。⁴



咳嗽



打喷嚏



说话

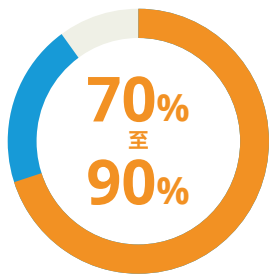
您会患上流感：⁴

- 当患有流感的人咳嗽、打喷嚏或说话时，飞沫可能从6尺之距被吸入肺部。
- 触摸某个含流感病毒的表面或物体后碰触眼睛、嘴巴和鼻子。

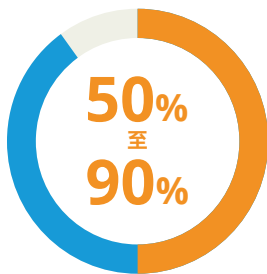
患上流感的人在开始出现症状的前一天，身上的病毒就可能会感染他人，而且还会在发病后持续长达7天。⁴

为什么流感对老年人有危害？

65岁以上的人士比起年轻健康的成年人患上流感所引起严重并发症的风险更大，因为人的免疫系统能力会随着年龄的增长而退化。⁵



与流感相关的死亡都发生在65岁以上的人士身上⁵



与流感相关而住院的都发生在65岁以上的人士身上⁵

流感尤其对患有以下疾病的老年人更危险：⁶

- 哮喘
- 糖尿病
- 慢性阻塞性肺疾病
- 肥胖问题
- 心脏或肝或肾问题
- 需要服用类固醇或其他药物(例如化学疗法)而导致免疫系统减弱的疾病

流感有什么并发症？



肺炎⁵



支气管炎⁶



鼻窦炎和耳朵发炎⁶



心脏病⁶



中风⁶

流感可引发心血管并发症



在感染后几天内遭受首次心脏病发作的风险将会高出10倍^{*7}



在感染后几天内遭受首次中风的风险将会高出8倍^{*7}

*在一项针对40岁以上成年人的数据库中进行的自我控制的案例系列研究中，约90%的研究人群的年龄于50岁以上。

如何避免患上流感？



避免与病人有密切的接触。⁸

咳嗽或打喷嚏时，用纸巾遮住口鼻。⁹



如果您没有纸巾，咳嗽或打喷嚏到您的手肘或袖子中。⁸

勤洗手有助于保护您和他人免受细菌侵害。⁸



每年接受疫苗接种。

世界卫生组织(WHO)建议注射流感疫苗将保护您免受A型和B型流感病毒的侵害。¹⁰

每年接种一次流感疫苗是减少老年人患上流感及其潜在严重后果的最佳方法。流感疫苗接种：¹¹



能降低65岁及以上的人士中，因患流感疾病而看医生的风险达45%。¹²

能降低住院的风险达45%。¹³



减少因肺炎或流感而死亡的风险达42%。¹³

64项研究检讨(随机、半随机、队列研究和病例对照研究、评估实验室确认的流感疾病病例或类似流感的疾病。)

接种流感疫苗可以减少心血管并发症的风险。^{14,15}

所有患者减少

36%¹⁴

心脏衰弱患者减少

18%¹⁵

*对6735名患者的6项随机临床试验的整合分析。¹⁴

为什么我每年都需要接种流感疫苗？

流感病毒不断在演变。流感疫苗的配方每年都会进行审查及更新，以跟上流感病毒的变化。¹⁶

人体对疫苗接种的免疫反应会随着时间的推移而下降，因此需要每年接种疫苗以达到最佳保护效果。¹⁶

流感疫苗安全吗？

流感疫苗具有良好的安全记录。在过去70年来，数亿剂疫苗已经被使用，¹⁷而且我们有广泛的研究证实流感疫苗的安全性。¹⁸

流感疫苗是减少感染流感并将它传播给他人的机会的首要及最好的方法。建议所有年龄在6个月以上的人士每年接种流感疫苗。¹⁸

“ 请向医生咨询有关流感疫苗详情。 ”

参考文献: **1.** CDC. Similarities between flu and COVID-19. Available at <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>. Last accessed Nov 2020. **2.** CDC. Common Colds: Protect Yourself and Others. Available at <https://www.cdc.gov/features/rhinoviruses/index.html>. Last accessed Nov 2020. **3.** CDC. Cold versus Flu. Available at <https://www.cdc.gov/flu/symptoms/coldflu.htm>. Last accessed Nov 2020. **4.** CDC. Seasonal Influenza (Flu). Key Facts About Influenza (Flu). Available at <https://www.cdc.gov/flu/about/keyfacts.htm>. Last accessed Nov 2020. **5.** CDC. People 65 and Older & Influenza. Available at <https://www.cdc.gov/flu/highrisk/65over.htm>. Last accessed Nov 2020. **6.** Aging.com. A guide to seasonal flu for seniors. Available at <https://www.aging.com/a-guide-to-the-seasonal-flu-for-seniors/>. Last accessed Nov 2020. **7.** Warren-Gash, C. *et al. Eur. Respir. J.* **51**(3). pii:1701794 (2018). **8.** CDC. Flu Preventive Steps. Available at <https://www.cdc.gov/flu/prevent/prevention.htm>. Last accessed Nov 2020. **9.** Chiang M, *et al.* Effectiveness of cough etiquette maneuvers in disrupting the chain of transmission of infectious respiratory diseases. *BMC Public Health* 2013;**13**:811. **10.** WHO. Influenza (Seasonal). Available at [https://www.who.int/en/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/en/news-room/fact-sheets/detail/influenza-(seasonal)). Last accessed Nov 2020. **11.** CDC. Adults 65 and older Need a Flu Shot. Available at <https://www.cdc.gov/flu/pdf/freeresources/seniors/seniors-vaccination-factsheet-final.pdf>. Last accessed Nov 2020. **12.** CDC. A Flu Shot is The Best Shot at Prevention for People 65 and Older. Available at <https://www.cdc.gov/flu/pdf/freeresources/seniors/65-and-older-matte.pdf>. Last accessed Nov 2020. **13.** Lang P. Effectiveness of influenza vaccine in aging and older adults: comprehensive analysis of the evidence. *Clinical Interventions in Aging* 2012;**55**-64. **14.** Udell, J. A. *et al. JAMA.* **310**(16):1711-20 (2013). **15.** Modin, D. *et al. Circulation.* 29:**139**(5):575-586 (2019). **16.** CDC. Key Facts About Seasonal Flu Vaccine. Available at <https://www.cdc.gov/flu/prevent/keyfacts.htm>. Last accessed Nov 2020. **17.** CDC. Influenza Historic Timeline. Available at <https://www.cdc.gov/flu/pandemic-resources/pandemic-timeline-1930-and-beyond.htm>. Last accessed Nov 2020. **18.** CDC. Flu Vaccine Safety Information. Available at <https://www.cdc.gov/flu/prevent/general.htm>. Last accessed Nov 2020.

APAKAH PERBEZAAN FLU DAN

ANTARA SELESEMA, COVID-19?

Selesema, flu dan COVID-19 mempunyai gejala seakan sama.^{1,2} Umumnya, selesema tidak begitu kuat manakala flu dan COVID-19 mengakibatkan komplikasi dan boleh dimasukkan ke hospital.^{1,2} Ramai

pakar kesihatan berpendapat bahawa pengambilan vaksinasi flu amat penting ketika pandemik COVID-19. Jadi, adakah itu selesema, flu atau COVID-19? Ketahuinya dalam carta ini:^{1,3}

Tanda-tanda & Simptom	SELESEMA	FLU	COVID-19
Permulaan simptom/gejala	Berperingkat	Tiba-tiba	Berbeza (2-14 hari selepas pendedahan)
Demam	Jarang	Biasa; sehingga 3-4 hari	Lazim
Sakit badan	Sedikit	Biasa; selalunya teruk	Lazim
Seram sejuk	Jarang berlaku	Lazim	Lazim
Lesu, Lemah	Kadang-kadang	Biasa	Lazim
Bersin	Lazim	Kadang-kadang	
Dada rasa tidak selesa	Ringan kepada sederhana	Lazim	
Batuk	Batuk keras	Boleh menjadi teruk	Lazim
Hidung Tersumbat/Berair	Lazim	Kadang-kadang	Lazim
Sakit tekak	Lazim	Kadang-kadang	Lazim
Sakit kepala	Jarang	Lazim	Lazim
Sesak nafas atau sukar bernafas		Lazim	Lazim
Cirit-birit dan muntah		Kadang-kadang, lebih lazim pada kanak-kanak daripada orang dewasa	Kadang-kadang (lebih cenderung berlaku pada kanak-kanak)
Kehilangan deria rasa atau bau			Kadang-kadang

KENAPA SAYA BOLEH DIJANGKITI FLU?

Flu mudah berjangkit. Seseorang boleh menjangkiti orang lain jika mereka dalam jarak 6 kaki antara satu sama lain.⁴



Batuk



Bersin



Bercakap

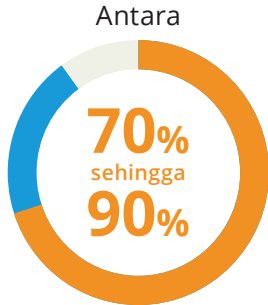
Anda boleh dijangkiti flu:⁴

- Apabila orang dijangkiti itu batuk, bersin atau bercakap. Titisian mungkin **disedut ke dalam paru-paru walaupun daripada jarak 6 kaki.**
- Dengan **menyentuh permukaan atau objek yang mempunyai virus flu** dan kemudiannya menyentuh mata, mulut atau hidung sendiri.

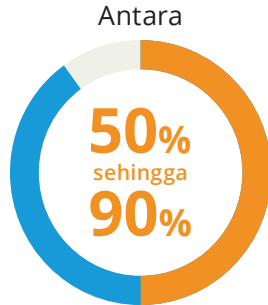
Seseorang yang dijangkiti flu berpotensi menjangkiti orang lain **seawal 1 hari sebelum simptom flu kelihatan dan hingga 7 hari setelah mula sakit.**⁴

KENAPA FLU BERBAHAYA KEPADA WARGA EMAS?

Warga emas berumur 65 tahun ke atas paling berisiko mengalami komplikasi serius akibat flu berbanding orang muda yang sihat kerana sistem imun manusia semakin lemah mengikut faktor usia.⁵



kematian yang diakibatkan oleh flu terjadi kepada orang berusia ≥ 65 tahun⁵



kemasukan ke hospital yang diakibatkan oleh flu terjadi kepada orang berusia ≥ 65 tahun⁵

Flu lebih berbahaya kepada warga emas yang menghidapi:⁶

- Asma
- Diabetes (Kencing manis)
- Penyakit paru-paru kronik
- Masalah obesiti
- Masalah jantung atau hati atau buah pinggang
- Penyakit yang memerlukan pengambilan steroid atau ubat lain seperti kemoterapi yang melemahkan sistem imun

APAKAH KOMPLIKASI FLU?



Radang Paru-Paru⁵



Bronkitis⁶



Jangkitan sinus dan telinga⁶



Serangan jantung⁶



Strok⁶

Amaran flu terhadap komplikasi kardiovaskular



Risiko untuk mengalami **SERANGAN JANTUNG** pertama adalah **10 kali ganda** dalam masa beberapa hari selepas jangkitan.*⁷



Risiko untuk mengalami **STROK** pertama adalah **8 kali ganda** dalam masa beberapa hari selepas jangkitan.*⁷

* Dalam siri kajian kes terkawal yang dilakukan pada pangkalan data orang dewasa berumur 40 tahun dan lebih tua dengan ~90% populasi kajian berusia 50 tahun ke atas.

BAGAIMANA UNTUK MENGELAK FLU?



Elakkan sentuhan secara langsung dengan orang yang dijangkiti.⁸

Tutup mulut atau hidung dengan tisu semasa batuk atau bersin.⁹



Jika tiada tisu, batuk atau bersin menggunakan siku atau lengan baju.⁸

Basuh tangan anda untuk melindungi diri dan orang lain daripada kuman.⁸



DAPATKAN VAKSINASI SETIAP TAHUN.

Disyorkan oleh Pertubuhan Kesihatan Sedunia (WHO), vaksin flu melindungi anda daripada strain virus influenza A dan B.¹⁰

Vaksinasi tahunan adalah cara terbaik untuk mengurangkan risiko flu serta kesan yang serius pada warga emas. Vaksin flu boleh:¹¹



Mengurangkan risiko untuk perlu berjumpa doktor akibat flu sebanyak 45% di kalangan mereka berumur 65 tahun ke atas.¹²

Mengurangkan risiko kemasukan ke hospital sebanyak 45%.¹³



Mengurangkan risiko kematian akibat pneumonia/flu sebanyak 42%.¹³

Ulasan terhadap 64 kajian (kajian rawak, kuasi-rawak, kohort, dan kajian kawalan-kes yang menilai keberkesanan terhadap kes penyakit influenza yang disahkan oleh makmal atau penyakit seperti influenza.)

Vaksinasi melawan influenza dapat mengurangkan risiko komplikasi kardiovaskular.^{14,15}

Pengurangan **36%** pada semua pesakit¹⁴

Pengurangan **18%** pada pesakit jantung¹⁵

*Meta-analisis untuk 6 percubaan klinikal secara rawak dengan 6735 pesakit.¹⁴

MENGAPA SAYA PERLU MENGAMBIL VAKSIN FLU SETIAP TAHUN?

Virus flu sentiasa berubah. Formula vaksin flu disemak setiap tahun dan diperbaharui mengikut virus flu semasa.¹⁶

Tindak balas imuniti badan terhadap vaksinasi **menurun dari masa ke masa**, jadi vaksin tahunan diperlukan untuk perlindungan yang optimum.¹⁶

ADAKAH VAKSIN FLU SELAMAT?

Vaksin flu mempunyai rekod keselamatan yang baik. Ratusan juta dos telah digunakan selama 70 tahun,¹⁷ dan terdapat banyak penyelidikan yang menyokong keselamatan vaksin flu.¹⁸

Vaksin flu adalah cara terbaik untuk mengurangkan peluang jangkitan dan penyebaran flu kepada orang lain. Semua yang berumur 6 bulan ke atas disyorkan untuk menerima vaksin flu setiap tahun.¹⁸

“Tanyalah doktor anda mengenai vaksin flu.”

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