

EPIDEMIOLOGICAL BULLETIN

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Our Vital Role in Healthcare: Embracing the Annual Flu Vaccine

In the pursuit of providing exceptional care and safeguarding the well-being of patients and communities, our pivotal role cannot be emphasized enough. As frontline defenders against a myriad of illnesses, we hold the power to influence not only individual health but also the broader landscape of healthcare. As we embark on another flu season, the importance of preventative measures cannot be emphasized enough. The annual flu vaccine stands as a cornerstone of defense, offering not only personal protection but also a shield for our patients and communities.

Some compelling reasons why we should consider taking this crucial step:

1. Personal Resilience: Protecting our Well-being

In our tireless pursuit of caring for others, it's essential to prioritize our own health. The influenza virus, known for its unpredictable nature, can impact even the healthiest individuals. The annual flu vaccine, designed to combat the most prevalent strains, equips our immune system to ward off this formidable adversary. By doing so, we significantly reduce our risk of falling ill and ensure that we can continue to provide top-tier care without disruptions.

2. Safeguarding Patients: Championing Patient Safety

Our patients entrust us with their well-being, often at their most vulnerable moments. Contracting the flu can have severe consequences for them, especially those with compromised immune systems or existing health conditions. By receiving the flu vaccine, we act as a shield, preventing the virus from infiltrating the walls of our care facilities. This proactive measure not only reflects our commitment to their safety but also elevates the quality of care we provide.

3. Fostering Continuity of Care:

Healthcare facilities thrive on the dedication of our workforce. The flu can sideline even the most resilient of us, causing absenteeism and disruptions in patient care. Our choice to take the annual flu vaccine helps maintain workforce integrity, ensuring that our patients continue to receive the attention they need without interruption.

4. Strengthening Community Immunity: Leading by Example

Our impact extends beyond hospital walls. As integral members of our communities, we play a pivotal role in preventing disease transmission. By receiving the flu vaccine, we contribute to a healthier community, especially for those who might not be able to receive the vaccine themselves. Our collective commitment ripples through families, neighborhoods, and beyond.

Source: <https://www.cdc.gov/flu/index.htm>;
https://www.who.int/health-topics/influenza#tab=tab_1;
<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>



Get your free flu vaccine now

People at high risk:

- Over 50 years old
- Children aged 6 months to five years old
- Pregnant women
- People with a chronic condition or immunosuppression
- Healthcare workers

Get your free flu vaccination; protect yourself and your family.

احصل على لقاح الإنفلونزا المجاني الآن

الفئات الأكثر عرضة لخطر الإصابة بالإنفلونزا:

- الأشخاص فوق عمر 50 عاماً
- الأطفال من عمر 6 شهور حتى 5 أعوام
- النساء الحوامل
- الأشخاص المصابون بأمراض مزمنة أو الذين يتلقون العلاج بأدوية تثبيط المناعة
- العاملون في مجال الرعاية الصحية

بادر بالحصول على التطعيم المجاني ضد الإنفلونزا لحماية صحتك وأفراد أسرتك.

5. Debunking Myths:

Misconceptions often surround vaccines, sowing seeds of doubt. Let's dispel the myth that the flu vaccine can give us the flu – it simply cannot. The vaccine is engineered to stimulate our immune system without causing the illness. Mild side effects, if any, are far less severe than the flu itself.

6. Upholding Our Ethical Code:

Our oath as healthcare professionals extends beyond clinical walls; it encompasses our personal choices too. The decision to take the annual flu vaccine aligns with our ethical duty to prioritize the well-being of ourselves and those we serve.

In conclusion, we should seriously consider the profound impact our choice to take the annual flu vaccine can have. It is a commitment to our health, the well-being of our patients, and the strength of our healthcare community. Together, we can foster a culture of prevention, resilience, and care.

Let us stand united in safeguarding our health, the health of our patients, and the vitality of our profession.

Myths and misconceptions about the flu vaccine that discourage healthcare workers from getting vaccinated :

1. The Flu Vaccine Can Give You the Flu: This is one of the most prevalent myths. Many people believe that the flu vaccine can actually cause the flu. In reality, the flu vaccine contains either an inactivated virus or a piece of the virus that cannot cause the flu. While the vaccine might cause mild side effects like a low-grade fever or soreness at the injection site, it cannot give you the flu.

2. I'm Healthy, So I Don't Need the Vaccine: Some healthcare workers might believe that because they are generally healthy, they don't need the flu vaccine. However, even healthy individuals can get seriously ill from the flu, and getting vaccinated helps prevent the spread of the virus to more vulnerable patients and colleagues.

3. The Vaccine Isn't Effective: While the flu vaccine might not provide 100% immunity, it is still highly effective in reducing the risk of infection and, in cases where infection occurs, lessening the severity of symptoms. The vaccine is formulated each year based on the most prevalent strains of the virus.

4. I Got the Flu Vaccine Last Year, So I Don't Need It Again: The influenza virus evolves and mutates over time, leading to new strains circulating each year. This is why a new vaccine is developed annually to match the most current strains. Getting vaccinated each year is crucial for staying protected against the latest versions of the virus

5. The Vaccine Contains Harmful Ingredients: Some individuals worry that the vaccine contains harmful ingredients. In reality, flu vaccines approved by reputable health organizations undergo rigorous testing for safety. The ingredients in the vaccine are carefully selected to ensure they pose no harm to recipients.

6. I've Had the Flu Before, So I Don't Need the Vaccine: Having had the flu in the past does not guarantee immunity against future infections. The flu virus can mutate, leading to new strains that your immune system might not recognize. The vaccine provides a broader protection against various strains.

7. The Vaccine Weakens the Immune System: The flu vaccine is designed to stimulate the immune system to produce an immune response without causing the disease. It does not weaken the immune system but instead primes it to fight off the virus if exposed.

8. I'm Pregnant, So I Shouldn't Get the Vaccine: Pregnant healthcare workers might be concerned about the safety of the vaccine for themselves and their unborn child. However, the flu vaccine is recommended for pregnant individuals to protect both the mother and the baby from flu-related complications.

9. I Never Get the Flu, So I Don't Need the Vaccine: Even if you've never personally experienced severe flu symptoms, you could still contract the virus and unknowingly spread it to vulnerable patients. Getting vaccinated helps protect both yourself and those around you.

10. Flu Isn't a Serious Illness: While some cases of the flu are mild, it can lead to severe complications, hospitalizations, and even death, particularly for high-risk individuals. The vaccine significantly reduces the risk of these outcomes.

Qatar Flu data 2023

