

OMSMAF

NEWS BRIEF

Your best shot at beating the flu



I GOT THE FLU JAB, HOW ABOUT YOU?



"Thumbs up from Julia le Roux, Principal Officer of OMSMAF. Julia got her seasonal flu vaccine yesterday at Mutual Park".

In the past two years we've been thrown somewhat of a curveball, as it is nowadays hard to know whether your sniffles are COVID-19 or flu related, if perhaps you have a cold or maybe just allergies. Indeed, determining the cause of an illness can be tricky as many conditions, which can leave you sniffing, coughing, and feeling tired share such similar symptoms.

Because vaccination remains the safest, best way to fight flu – and there is ample scientific evidence to support this – I did not hesitate for a moment when it came to getting my annual flu vaccine. In fact, I was one of the first OMSMAF members to get vaccinated this morning at Old Mutual Park and I really encourage you to do the same – that's if you've not already done so.

After all, there is far too much fun to be had to let the flu stop us from doing what we love best – for me that's outdoor activities such as running, cycling and swimming.

So, for your convenience the flu vaccine will be administered by a team of nurses who will be available between 09h00 and 15h00 on the ground floor of Mutual Park and Mutual Place until 13 April 2022.

Check the OMSMAF website for further information <https://omsmaf.co.za/news-briefs/>

Let's call the shots and beat the 'dreaded lurgie' this winter!

Yours in health and wellness

Julia le Roux

Principal Officer: OMSMAF