



ONE LIFE LIVE IT



One-Stop-Shop Flu-Vax Program

“Whatever you are, be a good one.” - Abraham Lincoln



Influenza, commonly known as the flu, is caused by a virus and mainly spreads from person to person through the air by coughing, sneezing or talking, and by touching a person's hands, surface or object.

Workplaces and transport options to / from work are notorious for spreading such illness.

The flu virus infects your respiratory system such as the nose, throat and sometimes your lungs. It differs from a cold as symptoms such as fever, sore throat and muscle aches develop suddenly and last about a week – usually a week away from work.

It can cause mild to severe illness, and at times can cause complications such as pneumonia and bronchitis which require hospitalisation. Sometimes these complications can lead to death.

Solution? There is a need to get vaccinated every year because the viruses circulating in the community continually change and immunity from the vaccine does not last a long time.

Featuring:

- ONE LIFE EVALUATIONS
- CONDUCTED AT YOUR WORKPLACE
- SHORT APPOINTMENTS ENTIRE PROGRAM CO-ORDINATED AT OUR END (YOU JUST NEED TO SEND 1 E-LINK!)
- SERVICES PROVIDED BY QUALIFIED HEALTH PROFESSIONALS
- COST-EFFECTIVE
- LARGE ROI

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