

Wetteren, 28 augustus 2024 **Vaccines against Covid and against Flu 24: why and how**



In 2024, Covid will be just a bad cold for many people, but for patients with a chronic disease or special sensitivity, it can still be deadly. A new vaccine will be available in September 2024. This new vaccine offers better protection against the latest Covid variants after mutations in 30 places.

The vaccine is definitely recommended for all people aged 65 and over and for people who are overweight, have heart disease, chronic bronchitis, severe asthma or children who have already had pneumonia (chronic pathology) and people who live in institutions. The effectiveness of your previous Covid vaccines has already been greatly weakened. It is known that Covid will spread further again in autumn and winter.

More information on <https://vaccination-info.europa.eu/en> (also in other languages of the EU).

The Covid epidemic and the vaccines do not change the need for flu vaccines. These are only recommended between 15/10 and 30/11. From the age of 50, you no longer need a prescription. It is possible to administer the flu and Covid vaccines at the same time. Administering them separately gives slightly more antibodies, but it is still allowed. In this case, it is recommended between 15/10 and 30/10. For the flu vaccine alone, ask it between 15/10 and 30/11.

Pharmacists, nurses and general practitioners are allowed to administer both types of injections (in institutions, this can also be administered by the coordinating doctors on site; prescriptions for people in nursing homes must also be sent to them). Each vaccine is an injection into a muscle, for example the shoulder muscle. Possible side effects are fatigue, headache, fever, muscle pain (often mild).

The new Covid vaccine (from Pfizer) is provided by the Flemish community and is completely free of charge. At the moment, proof of vaccination does not seem to be necessary to travel afterwards. We always register the administered vaccines in Vaccinnet.be, a government website that you and other Belgian doctors who treat you can always consult.

You can get vaccinated in our practice on Tuesday, Wednesday and Thursday between 25/09 and 11/11/24. A vaccine is automatically reserved for you when you make an appointment with the appointment type " covid vaccine di, woe, do". Please note that this type of appointment is not valid if you enter it on another day. Between 12/11 and 24/12/2024, you can only book a covid vaccine on Wednesday. Due to the conservation limit of the vaccine after opening a group package, we cannot administer it at other times!

Bedridden people whom we only meet during home visits can also receive the vaccine after ordering (during a previous home visit or by telephone or e-mail). This will then also be scheduled for Tuesday, Wednesday or Thursday; they will be informed of this time.

When requesting an appointment by telephone or e-mail (to info@mediKwatrecht.be), please also clearly state that you want the covid vaccine, and possibly for how many people.

For any further questions, you can contact one of the nurses or doctors. You will also find a lot of information on www.MediKwatrecht.be

Prevention Consultation

From the age of 50, a talk about prevention with the nurses or the youngest doctor is useful: in addition to the vaccines, you can also do a lot yourself to improve your health and life expectancy!

New team member

We would also like to inform you that as of 1/10/24, Dr. Ruben De Keyzer will be our new doctor, succeeding Dr. Laura Dick.

Best regards,

Doctors Deprost, Venneman, Rahoens, De Keyzer
Nurses Jolien De Vriese, Geoffrey Poelman