

Assess your flu risk **NOW**

Being healthy doesn't stop you from catching the flu.

The more questions you answer 'yes' to, the more likely you are to benefit from a flu vaccination. Talk to the doctor during your consultation.

Personal Risks	Yes	No
Do you have children who go to school or day care? Kids often catch the flu at school and spread it.	<input type="checkbox"/>	<input type="checkbox"/>
Are you a smoker? Smokers are more likely to get complications from the flu.	<input type="checkbox"/>	<input type="checkbox"/>
Are you pregnant? The flu can affect your baby. A Flu shot is recommended if you will be in the 2nd or 3rd trimester during the flu season.	<input type="checkbox"/>	<input type="checkbox"/>
Are you planning a holiday this winter?	<input type="checkbox"/>	<input type="checkbox"/>
Are you in a high risk group? See the list of high risk groups below.	<input type="checkbox"/>	<input type="checkbox"/>
Do you simply want to reduce your chance of being sick with the flu?	<input type="checkbox"/>	<input type="checkbox"/>
Occupational Risks	Yes	No
Do you work or travel in crowds? Close contact with people spreads flu germs.	<input type="checkbox"/>	<input type="checkbox"/>
Are you self-employed? Having days off with the flu could jeopardise your earnings.	<input type="checkbox"/>	<input type="checkbox"/>
Are you studying? Taking time off from studies could affect your results.	<input type="checkbox"/>	<input type="checkbox"/>
Are you a health care worker? You can transmit influenza to high risk-patients.	<input type="checkbox"/>	<input type="checkbox"/>
Do you live or work with people who are in a high-risk group? Have a flu vaccination if you want to stop them catching the flu from you.	<input type="checkbox"/>	<input type="checkbox"/>

HIGH RISK GROUPS: Adults and children over six months with chronic cardiac conditions, chronic suppurative lung disease, cystic fibrosis, diabetes mellitus, chronic metabolic diseases, chronic renal failure, haemoglobinopathies or immunosuppression and severe asthma requiring frequent hospital visits. Australian Immunisation handbook.