

ASK YOUR
HEALTHCARE PROVIDER ABOUT

FLU VACCINATION TODAY.



For further details regarding your flu vaccination,
or to discuss its benefits further,
talk to your healthcare provider or log onto
www.flushots.com.au



 working
for prevention

The information in this leaflet is adapted from the National Health and Medical Research Council (NHMRC), Australian Immunisation Handbook, 9th ed. Canberra: National Capital Press, 2008.

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DON'T CATCH THE FLU BUG



VACCINATION IS YOUR BEST DEFENCE

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VACCINATION

IS YOUR BEST DEFENCE AGAINST INFLUENZA

WHAT IS INFLUENZA?

Influenza, or 'flu' as it is commonly called, is a contagious disease caused by a virus. Flu is often called a respiratory disease, but it affects the whole body.

The infection:

- begins suddenly
- may last 5-10 days
- may keep you in bed for up to 5 days
- can disrupt your work life or holiday plans
- can result in serious complications in high risk individuals

IS IT THE FLU OR A COLD?

Flu and colds can have similar symptoms but if you have fever plus two of the following, it may be the flu:

- Aches and pains
- Headache
- Cough
- Sore throat

DON'T LIKE LONG NEEDLES?

In order to be as patient-friendly as possible, flu shots now come in different shapes and sizes.

For more information on these options, please consult your healthcare provider.



WHO IS AT RISK?

Anyone can catch the flu. Being fit and healthy does not stop you from getting it. You can also unknowingly infect others, as it takes 1-3 days for symptoms to appear.

Flu is a highly contagious disease that spreads via:

- sneezing
- coughing
- touching contaminated objects and transferring germs to the respiratory system

WHAT TO DO IF YOU GET THE FLU

Go to bed, drink plenty of fluids and take pain relievers for head and muscle aches. Antibiotics are not effective against the flu. They are only helpful if you get a secondary bacterial infection, such as pneumonia.

The best way to reduce the risk of suffering from the flu is through vaccination. One dose of influenza vaccine will protect you for a whole winter's flu season.

FLU IS MUCH MORE SERIOUS THAN THE COMMON COLD.

SYMPTOMS USUALLY LAST FOR AT LEAST A WEEK, ALTHOUGH IT MAY TAKE UP TO SIX WEEKS TO FULLY RECOVER.

IS THE INFLUENZA VACCINE SAFE?

The vaccine will not give you the flu. It does not contain 'live' virus, but merely alerts the body to the threat of the virus. The most common side effect is mild soreness at the injection site, which can last a few days.

People with severe allergies to eggs or egg products should not receive a flu vaccination.

WHY RISK CONTRACTING THE FLU WHEN YOU CAN PREVENT IT?

Having a flu shot reduces stress at work by avoiding long absences due to illness and reduces the risk of transmission to family, friends and co-workers.

CONSIDER THE COST OF CATCHING THE FLU

- Cost of over-the-counter medicines (pain relievers)
- Taking time off work to care for ill children or other family members
- Missing or ruining a planned vacation

SOME PEOPLE ARE AT HIGH RISK OF SERIOUS OR LIFE-THREATENING COMPLICATIONS FROM INFLUENZA, EG. ASTHMATICS, DIABETICS, AND THOSE WHO SUFFER FROM CHRONIC DISEASES.