

2018 FLU VACCINATIONS

GET VACCINATED

In 2017 over 16m people did not get vaccinated which put them at higher risk of contracting influenza and passing it on to their family, friends and colleagues.

FLU IS HIGHLY CONTAGIOUS

Did you know that you can catch the flu from people anywhere, where it be whilst at work, home or simply in a queue. One sneeze is enough to spread it up to a metre.

The flu can spread before any symptoms start showing. People around you might not even know they're passing the virus on to you, their friends, family and colleagues.

You're still at risk of getting the flu no matter how healthy you are as natural immunity is no guarantee.

The flu virus is changing all the time, so the likes of the WHO and Department of Health recommended that you get vaccinated every year.

AVS only use the latest vaccinations as authorised by the TGA

18,000

Average hospitalisations each year

FLU'S IMPACT

Having the flu is much worse than having a cold. Influenza symptoms include fever, cough, sore throat, fatigue, muscle aches, headaches, runny nose and watery eyes.

Risk of complications from flu is higher if you are pregnant, aged 65 years and over, or if you are of Aboriginal or Torres Strait Islander descent.

Your risk of complications from flu is also higher if you suffer from a chronic condition such as:

- Cardiac disease
- Diabetes
- Respiratory disease
- Chronic kidney disease
- Impaired immunity
- A chronic neurological disorder
- Down syndrome
- Obesity

Although the fever and body aches usually last for 3 – 5 days, coughing and fatigue can persist for two weeks or more.

Your performance at work may suffer to the same degree as if you had consumed alcohol.

Estimated 1.5 million, lost work days
and 300,000 Doctor visits

**BOOK GET YOUR
FLU SHOT TODAY**

VACCINATION IS YOUR BEST DEFENCE AGAINST FLU

The World Health Organisation (WHO) monitors the constantly mutating influenza virus and each year advises vaccine manufacturers which strains to include in the seasonal influenza vaccine – these are often different for the southern and northern hemispheres.

Flu's effect on a family or workplace affects one person after another as people get sick. Getting vaccinated reduces your risk of getting the flu and spreading it to your loved ones and colleagues. **You cannot get flu from the vaccine, because it does not contain any live virus.**

THINGS YOU SHOULD KNOW ABOUT INFLUENZA VACCINE

The influenza vaccine is generally well tolerated but we still ask you to stay close by for 15 minutes after your vaccination, so we can keep an eye on you.

Like all medicines, this vaccine may have some side effects. These are usually very mild and do not last for long. If you feel anything that worries you, call your doctor for advice.

Some people report redness or discomfort at the site of the injection – this should disappear within a few days.

A few people report mild fever and muscle pains or feel generally unwell for one to two days after vaccination. This is most likely to be your body's natural response to being vaccinated.

It also takes up to two weeks for immunity to develop after getting the flu shot.

The influenza vaccine cannot give you the flu – it does not contain live virus.

YOU'VE DONE THE RIGHT THING

Vaccination not only reduces your chances of getting flu, it helps protect the wider community against flu by reducing the spread of the virus to others.

- Infection with the flu can make you unwell for a week or more.
- Research has shown that healthy working adults vaccinated against flu have nearly half the number of sick days and doctor visits due to upper respiratory illness, compared to those who were unvaccinated.

SPREAD THE WORD NOT THE VIRUS

Some people are more vulnerable to the flu than others.

Many Australians get very sick and some even die from flu-related illnesses.

It's especially important for anyone to ask their doctor about flu vaccination if they are:

- Aged 65 years or older.
- Suffering from a chronic condition, such as heart disease, diabetes, lung disease, severe asthma, neurological conditions, Kidney disease, impaired immunity, obesity or Down syndrome.
- Pregnant.
- Working or living with people in the above groups.
- Of Aboriginal or Torres Strait Islander descent.

IT'S IMPORTANT YOU GET VACCINATED NEXT YEAR TOO

The influenza virus is always changing, and currently the influenza vaccine helps provide protection for about a year.

For continuing protection, yearly vaccination with the most up to date vaccine is necessary.

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