



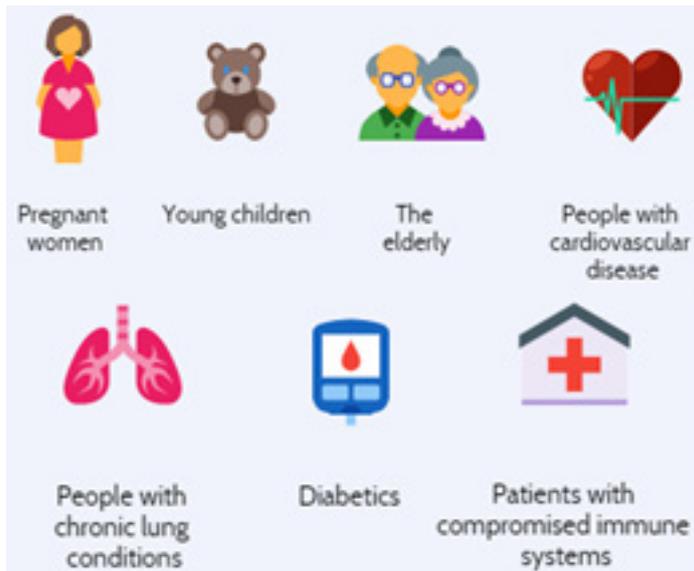
INFLUENZA VACCINE

Why Should We Vaccinate?

Influenza is a serious disease that can lead to hospitalisation and sometimes even death. Every flu season is different and the influenza infection can affect people in many different ways.

People of all ages are susceptible to influenza. The percentage of people in the general community affected by flu each year is typically 5–10%, but may be up to 20% in some years. Certain groups however, can have an increased risk.

Who Is More Susceptible?



How Do Flu Vaccines Work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

Influenza is caused by influenza viruses which are classified as type A, B or C. Only influenza A and B viruses are included in seasonal influenza vaccines as they cause the majority of disease in humans.

Transmission

Influenza is spread easily, mainly through large particle droplets generated by sneezing and coughing. Droplets containing the influenza virus also settle onto surfaces, and can then pass from hands to the nose, mouth or eyes.

People with influenza can be infectious to others from 24 hours before symptoms start until 1 week after the start of symptoms. In previously healthy individuals, symptoms typically subside within 5–8 days.

Prevention

1. Vaccination is the only way to specifically prevent influenza infection and its complications.
2. Practising cough etiquette (such as covering the nose and mouth with a tissue when coughing or sneezing) and washing hands before eating can help to reduce the likelihood of transmitting and contracting the influenza virus.
3. Anyone who is unwell with influenza should stay home from work, school and social gatherings to prevent close contact with other people which could lead to transmission of the virus.

Is it a Cold Or Flu?

Signs & Symptoms	Influenza	Cold
Symptom Onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly Common	Uncommon
Fatigue & Weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy Nose	Sometimes	Common
Sore Throat	Sometimes	Common
Chest Discomfort, Cough	Common	Mild to Moderate
Headache	Common	Rare

