



Why do we need yearly influenza vaccination?

- It is the **primary** method for preventing influenza and its complications.
- Influenza viruses are able to change over time which is why a new vaccine is required each year.
- There are different strains of influenza virus and protection against one influenza virus does not protect against another.
- There are 3 strains of Flu virus in every Flu vaccine

Flu vaccine

All vaccines contain **2 Type A** and **1 Type B** strains. This year, the strains are:

- **Type A** - California (H1N1) & Perth (H3N2) and
- **Type B** - Brisbane.

Who should be vaccinated each year?

- **All** people working with in healthcare facilities should be vaccinated to protect them & their patients
- Pregnant women in **any** trimester, but **especially** if they will be in their second or third trimester during the influenza season,

The vaccine can be administered concurrently with other vaccines.

Who should NOT be immunized with Flu Vaccine?

- People who have a **true** egg allergy
- People with an acute febrile illness-**temperature over 38.5.C**
- Allergies to Neomycin, Polymyxin or Gentamycin
- Individuals with a history of **Guillain-Barre Syndrome** should seek specialist advice

How can I reduce and manage side effects?

- Apply pressure for 1-2 minutes, but **don't** rub the injection site
- **Drink** plenty of fluids-not alcohol!
- Apply a cold damp cloth to the injection site to help relieve discomfort
- Take paracetamol, if required, as directed.
- If an excessive or prolonged side effect occurs, contact the Infection Control department

Can I still get the flu if I have been vaccinated?

Influenza vaccine is **50-90%** effective in healthy persons less than 65 yrs of age.

Common reactions

- Soreness, redness and swelling at the injection site
- Fever, malaise and myalgia occur infrequently.
- These reactions may commence a few hours after influenza vaccination and may last 1-2 days.

Did you know?

- All the Infection Control Staff are accredited immunisers. We immunise over 2000 staff each year!!
- Protection from the flu vax is **not** immediate. It can take 2 – 4 weeks to develop antibodies.
- The flu vax does **not** contain live viruses and so **cannot** cause influenza

Need your flu vax?

Call Infection Control - x 5740 or 6663

Flu Vaccinations commence in March every year

Resources

<http://immunise.health.gov.au/internet/immunise/publishing.nsf/Content/Handbook-influenza>

<http://www.fightflu.gov.au/asp/index.asp?sid=2118&page=questions>

<http://www.fightflu.gov.au/asp/index.asp>

<http://www.cdc.gov/flu/protect/vaccine/index.htm>

<http://www.cdc.gov/flu/about/disease/index.htm>