

FACTS

about influenza and immunisation

Influenza can be infectious even before symptoms show

Symptoms can take time to develop. During this time healthcare workers can expose many vulnerable people to the virus, who may have serious complications.

Influenza is NOT a cold

It's important to remember that influenza is different from a cold. A cold virus only affects the nose, throat and the upper chest and lasts for a few days, whereas influenza can be a serious illness that affects the whole body and can last up to a week or more.

Being fit and healthy will not protect you from influenza

Influenza spreads very easily and up to 1 in 5 of us become infected with influenza every year, even if we don't get sick. By immunising against influenza you can protect yourself and lessen the chance of giving it to your family, co-workers or a patient with a medical condition who is at greater risk of developing serious complications from it.

You are unlikely to build a natural immunity

Immunity only develops after you have been exposed to a particular strain of the virus, through infection or immunisation. Influenza immunisation prepares and boosts your immune system to help you fight the particular influenza viruses expected to be circulating each year. Immunity against one strain of influenza will not necessarily protect against another.

Influenza.
Don't get it.
Don't give it.

What is the Immunisation Advisory Centre (IMAC)?

IMAC is a nationwide organisation based at the University of Auckland. It provides New Zealanders with a local source of independent, factual information about vaccine-preventable diseases and the benefits and risks of immunisation. IMAC manages the promotion of the National Influenza Campaign on behalf of the Ministry of Health.

FOR MORE INFORMATION:
FIGHTFLU.CO.NZ
0800 466 863



The influenza vaccine is a prescription medicine. Talk to your doctor or nurse about the benefits and possible risks. TAPS CH4221. IMAC1521.

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YOUR FLU

CAN ENDANGER PATIENTS

**Please make sure
you get immunised**

Who will do your job if you're sick?

Every year, influenza causes the wards and waiting rooms of New Zealand's health services to fill up.

A number of patients will be seriously ill this winter and your help will be needed, help you can't give if you are down with influenza.

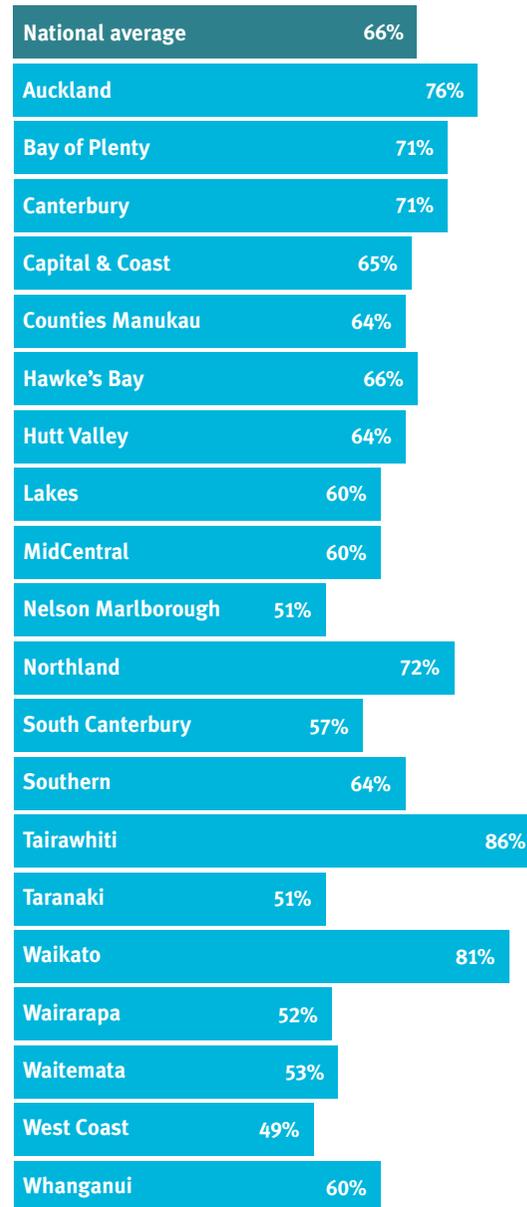
So how can you stay well enough to help and not catch influenza yourself?

The World Health Organization strongly recommends healthcare workers as a priority group for influenza vaccination, not only for their own protection and ability to maintain services but also to reduce the spread of influenza to their vulnerable patients including pregnant women.

You can transmit influenza without knowing you are infected.

Get vaccinated in 2016

Influenza vaccination of DHB healthcare workers by DHB last year.



Source: 2015 Workplace Influenza Immunisation Cover, Ministry of Health, November 2015.

**PROTECT YOURSELF,
YOUR COLLEAGUES,
YOUR PATIENTS.**

As a healthcare worker you are more likely to be exposed to the influenza viruses, and therefore, at greater risk of becoming infected.

Studies demonstrate that annual influenza vaccination for healthcare workers is likely to reduce illness among the patients they care for. Front line healthcare workers have a responsibility to protect vulnerable patients from the serious health threat of influenza illness. Relying on patients being vaccinated for their personal protection is not enough as many vulnerable people may have a poor immune response to the vaccine. It is therefore also important not to expose them to influenza. Please don't bring it to work.

Your influenza vaccination may be free.
Speak to your occupational health service to find out more.