



WHAT IS INFLUENZA?

The influenza virus is an airborne virus that is passed on by a simple sneeze or cough. Although most people recover from influenza within a few days, some people, including young children, those aged 65 years and over and people with certain chronic conditions, can suffer complications. This can include pneumonia which can lead to hospitalisation and even death.

WHEN SHOULD I BE VACCINATED?

It is necessary to receive a flu vaccine every year, as the virus is constantly changing. The vaccine is modified to match the current strain of the virus. It takes about 2 weeks to become effective. No immunisation is 100% effective, but if you were to contract influenza it is likely to be a much milder infection than if you had not been vaccinated at all. Annual vaccination is required to provide continuous protection against the most recent virus strains.

THIS YEAR'S VACCINE

This year's vaccine covers 4 strains, unless you are aged 65 and older. **It is not a live vaccine and will not give you the flu.**

WHAT IF I'M PREGNANT?

It is recommended that you receive the vaccination if you are pregnant, as infection can potentially cause complications and severe disease. **The vaccination is safe at all stages of pregnancy.**

AGED 65 OR OVER?

A new flu vaccine will be available to those aged 65 years and over - free of charge (a fee of \$14 for the administration of the vaccine is still applicable). This is in response to last year's flu season. The new trivalent (three strain) vaccine works in over 65s by generating a strong immune response and is more effective for this age group in protecting against influenza.

RECEIVING YOUR VACCINE

Our nursing staff can administer the vaccine for you. We stock the vaccine at the practice and offer walk-in flu clinics.

POTENTIAL SIDE EFFECTS

The influenza vaccine is safe and the most frequent side effect is soreness at the injection site, which may last a few days. Symptoms such as fever, fatigue and muscle soreness can also occur, but they only *mimic* the flu. The vaccine for people aged 65yrs and over is more likely to cause these symptoms, as it is a stronger vaccine.

From 23rd April to 1st June 2018.

Walk-in Clinics will run as follows:

Monday

2:00pm-3:00pm

Tuesday

8.45am-9.45am

Wednesday

11.00am-12.00pm

Friday

10am-11am

HOW MUCH WILL IT COST?

For all patients, the fee for administering the vaccine is \$14. The flu vaccine itself is free for the following people:

- Those aged 65 and over,
- Children aged 6 months—under 5 yrs,
- Those with a chronic health condition which predisposes them to flu,
- Pregnant women,
- Aboriginal/Torres Strait Islander people aged 6 months – 4 yrs or 15yrs and older.

If you are not eligible for a free vaccine the cost will be an additional \$13.

ALLERGIES/PRECAUTION

If you are allergic to eggs or develop swelling of the lips or tongue, or experience acute respiratory distress after eating eggs, please inform the GP/Nurse prior to receiving the vaccine. If you have ever had Guillain-Barre Syndrome please inform the GP/Nurse.

We are a team of committed and experienced family doctors, nurses and support staff working together to set new standards in patient care and practice administration.

For information about all our services and our doctors, please visit
www.cremornemedical.com.au

