



YOU SHOULD SERIOUSLY CONSIDER FLU VACCINATION

**HELPING TO PROTECT PATIENTS AGAINST FLU
BEGINS WITH YOU**

**Vaccination helps to stop the
spread of flu to patients.**

**If you catch flu, you may put
vulnerable patients at risk.**

Flu is much more serious than the common cold. It doesn't matter how fit or healthy you are, you're still at risk of catching flu. Working in a hospital doesn't make you immune and it's important to be vaccinated annually, as the flu virus is changing all the time.

**CAN YOU OR YOUR PATIENTS AFFORD THE FLU?
GET VACCINATED**

Talk to your healthcare professional

THE FACTS ON FLU

ADDRESSING THE MYTHS ABOUT INFLUENZA VACCINATION

MYTH ONE

UNTRUE

“The vaccine isn’t that effective...
I got the flu anyway”

VACCINATION IS THE MOST EFFECTIVE WAY TO HELP PREVENT FLU INFECTION

The influenza vaccine helps to protect against flu – but not common colds, which can be mistaken for influenza.

MYTH TWO

UNTRUE

“I’ve got natural immunity...
I never catch the flu”

ANYONE CAN CATCH THE FLU – AND SPREAD IT TO PATIENTS

Seasonal influenza spreads easily, and it doesn’t matter how fit or healthy you are – you’re still at risk of catching it. Even if you don’t have symptoms you can spread influenza to others.

MYTH THREE

“Someone I know got flu from the vaccine”

UNTRUE

THE INFLUENZA VACCINE CANNOT GIVE YOU THE FLU

The vaccine is inactivated – there is no live virus in it. It takes 10-14 days to gain protection from the flu vaccine.

MYTH FOUR

UNTRUE

“It’s not worth getting vaccinated...
The flu’s not such a serious disease”

FLU CAN BE A SERIOUS DISEASE WITH WIDESPREAD IMPACT

Each year, influenza and its complications is estimated to cause over 3,000 deaths in older Australians, 13,500 hospitalisations and 300,000 doctor visits in Australia.

**CAN YOU OR YOUR PATIENTS AFFORD THE FLU?
GET VACCINATED**

Talk to your healthcare professional