



### Who should get vaccinated?

Annual vaccination is recommended for any person 6 months of age or over for whom it is desired to reduce the likelihood of becoming ill with the flu.

### What is in the vaccine?

Each year Health Authorities recommend that 3 influenza strains are included in all influenza vaccines based on ongoing surveillance of the circulating virus.

Over the past 10 years, the 3 recommended strains (which may have varied each year) have accounted for an average of 94% of all influenza cases reported in Australia.

From 2015, some manufacturers have chosen to include a fourth strain – an additional influenza B strain. Influenza B primarily affects children.

### Which vaccine is appropriate for me?

Both 3 strain and 4 strain influenza vaccines are listed in the Australian Immunisation Handbook and either is suitable for use in adults.

Specific brands are recommended for use in children and you should discuss this with your doctor or healthcare professional.

### When should I get vaccinated?

To optimize protection, it is recommended that people seek vaccination as soon as vaccine becomes available – typically February or March.

Early vaccination is most effective. Don't wait.

Speak to your doctor, nurse or pharmacist for more information about influenza and vaccination.

# INFLUENZA VACCINES

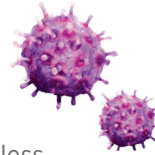
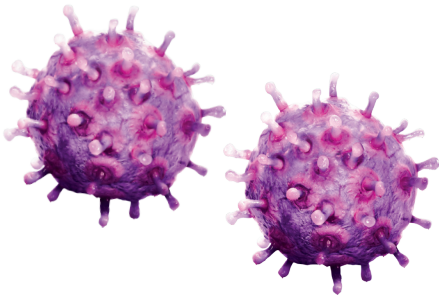
## DON'T WAIT – GET VACCINATED

**Two types of influenza virus  
cause serious disease in humans  
– influenza A and influenza B**



Disease caused by influenza A is typically more common, more severe and affects people of all ages.

Importantly, influenza A tends to peak earlier in the season. Early vaccination is most effective.



Influenza B is less common and primarily affects children.

Influenza A and B can be further broken down into different strains. All vaccines contain the 3 strains (2xA strains and 1xB strain) Health Authorities expect to be the most commonly circulating in the coming season. Historically, their recommendations have matched the majority of influenza cases reported in Australia.

Don't wait unprotected against the influenza strains expected to be most common and severe. Speak to your doctor, nurse or pharmacist for more information about influenza and vaccination.