



Protect Yourself Against Flu

Immunisations available NOW in Burnie, Launceston and Hobart AHS

Call 1800 132 260 for an appointment

Flu Season 2015 information

What is the flu?

Influenza, commonly known as the flu, spreads easily from person to person through infected droplets in the air and by hands. Vaccination is the single most effective way of preventing and stopping its spread.

The flu virus infects your nose, throat and sometimes your lungs. It is different from a cold as symptoms such as fever, sore throat and muscle aches develop suddenly and last about a week. In some cases, severe illness and complications such as pneumonia can develop, resulting in hospitalisation and/or death.

The flu can also make some existing medical conditions worse.

Why should I get the flu shot?

Because the flu virus is constantly changing, you need to get vaccinated every year. Every year, the flu vaccine changes too, so it protects against the three strains of flu virus which are most likely to be around during that winter. You should be vaccinated in autumn to allow time for the vaccine to work before the flu season starts. Even if you received a flu shot towards the end of the last flu season, you should still be vaccinated again before this flu season.

Who should get the flu shot?

The flu vaccination is recommended for everyone from six months of age.

It is strongly recommended for the following groups:

Aboriginal and Torres Strait Islander People from 6 months to 5 years and from 15 years up.

Pregnant Women. The flu vaccine can be given safely at any stage of pregnancy

People over 65.

People medically at risk-anyone 6months of age or more with the following conditions

- heart disease
- severe asthma
- chronic lung conditions
- chronic illness needing regular follow up or hospital admission
- nervous system diseases
- poor immunity
- diabetes
- children on long term aspirin treatment

People who work in health care or child care to protect those that you care for as well as yourself.

If more than one of these groups applies to you then you are at higher risk.

Flu vaccine safety and allergies

Vaccines like other medicines can have side effects however most of these are minor. Common side effects include soreness and redness at the injection site, tiredness and muscle aches and a low grade temperature. These side effects are usually mild and go away within a few days usually without any treatment. You can contact us if you are concerned.

Serious reactions to immunisations are very rare. There is a system in place for these to be notified if they do occur.

The flu vaccine does not contain any live virus therefore you cannot get flu from receiving the vaccine.

When you come for your immunisation we will check whether you also need a **Pneumococcal vaccination** (an immunisation against pneumonia)

How do I get the vaccine?

The vaccine is available now.

The best time to have it is in the autumn. So please don't delay, phone the Health Service for an appointment, either on:

- freecall 1800 132 260;
- or Hobart – 62340777; or Burnie – 64313289; or Launceston - 63323888

We look forward to seeing you.