

# INFLUENZA FACTS

- This season's 'flu' could be worse because of the new influenza virus commonly known as Swine Flu
- Being fit and healthy will not protect you from influenza
- Immunisation is your best protection – it helps improve your body's defence against influenza
- Influenza isn't just a bad cold – it can be serious and can kill
- Influenza immunisation is FREE for those most at risk

**ASK YOUR DOCTOR OR  
NURSE ABOUT INFLUENZA  
IMMUNISATION TODAY.**

FOR MORE INFORMATION:  
**0800 466 863  
TXT FLU TO 515  
WWW.FIGHTFLU.CO.NZ**

## **IMMUNISATION IS YOUR BEST DEFENCE AGAINST INFLUENZA**

including Pandemic Influenza  
(H1N1) 09 Swine Flu

To find out if you qualify for  
a FREE immunisation, speak to  
your doctor or nurse today.



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**NISG**  
National Influenza  
Strategy Group

The influenza vaccine is a prescription medicine. Talk to your Nurse or Doctor about the benefits and possible risks. TAPS NA3905

**3 SIMPLE  
STEPS  
TO HELP  
FIGHT  
INFLUENZA  
THIS YEAR  
INCLUDING SWINE FLU**



## STEP 1 – PROTECT YOURSELF

# GET IMMUNISED AGAINST INFLUENZA TODAY

**Health professionals recommend the first step you should take is to get immunised with a seasonal influenza vaccine.**

### Who should get the influenza vaccine?

Almost everyone\* can benefit from the protection of an annual influenza vaccine.

The vaccine is especially important for people at risk of serious complications from influenza including:

- pregnant women
- people with an ongoing health condition (like asthma, diabetes, a heart or lung condition, or significantly overweight people)
- people aged 65 years or over
- young children (aged 6 months to 5 years)

Protect others: it is also important that people who care for others are immunised, for example healthcare and community care workers.

### Why do I need the influenza vaccine every year?

There are many different 'flu' viruses and each year the types that reach New Zealand will be different. The vaccine is changed to match the most common types that are circulating each season. So, for the best protection, immunisation against influenza is necessary every year.

### Will the vaccine protect me against Swine Flu?

Swine Flu (officially known as Pandemic Influenza [H1N1] 09) has been in the news a lot because it is a new type of 'flu' we have not been exposed to before. The good news is that in New Zealand, the 2010 influenza vaccine also contains protection against Swine Flu.

### Can the vaccine give me influenza?

No. You cannot get influenza from the vaccine, as it does not contain any live viruses. However, some people will experience mild symptoms such as muscle aches or headaches for a short time after vaccination.

## STEP 2 – PROTECT YOUR FAMILY

# STOP THE SPREAD OF THE INFLUENZA VIRUS

**The influenza virus can spread very quickly from person to person through touch as well as through the air.**

### What can I do to stop the spread of influenza?

- Wash and dry your hands often. Wash for at least 20 seconds using soap or an alcohol-based rub.
- Cover your mouth and nose with a tissue when you sneeze and put the tissue in a bin.
- Avoid touching your eyes, nose and mouth.

## STEP 3 – PROTECT YOUR COMMUNITY

# STAY AT HOME AND LOOK AFTER YOURSELF OR YOUR FAMILY

**If you have 'flu'-like symptoms (fever, cough, sore throat, runny or stuffy nose, body aches, chills, fatigue) stay at home and look after yourself and your family.**

### What should I do if I am unwell?

- If you have to go out in public stay at least 1 metre away from other people.
- Drink plenty of fluids (at least 2 litres per day).
- If symptoms worsen call **Healthline 0800 611 116** or phone your doctor.
- If your doctor or pharmacist has recommended anti-viral medications, take them as directed.



**BY FOLLOWING THESE SIMPLE STEPS WE CAN ALL HELP FIGHT INFLUENZA AND KEEP NEW ZEALAND HEALTHY.**

\*A small number of people should not be vaccinated without first consulting a physician such as those who have had a severe reaction to an influenza vaccine previously or those who have a severe allergy to chicken eggs.