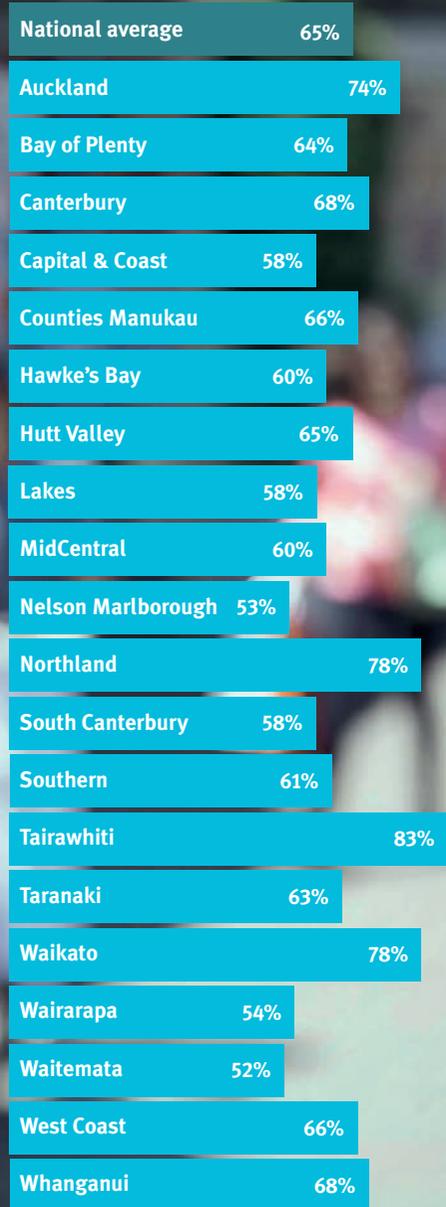


Get vaccinated in 2017

Influenza vaccination of DHB healthcare workers by DHB last year. How did yours stack up?



Source: 2016 Workplace Influenza Immunisation Cover, Ministry of Health, 30 November 2016.

FACTS

about influenza and immunisation

Influenza is NOT a cold

It's important to remember that influenza is different from a cold. A cold virus only affects the nose, throat and the upper chest and lasts for a few days, whereas influenza can be a serious illness that affects the whole body and can last up to a week or more.

Being fit and healthy will not protect you from influenza

Influenza spreads very easily and up to 1 in 4 of us become infected with influenza every year, even if we don't get sick. By immunising against influenza you can protect yourself and lessen the chance of giving it to your family, co-workers or a patient with a medical condition who is at greater risk of developing serious complications from it.

You are unlikely to build a natural immunity

Immunity only develops after you have been exposed to a particular strain of the virus, through infection or immunisation. Influenza immunisation prepares and boosts your immune system to help you fight the particular influenza viruses expected to be circulating each year. Immunity against one strain of influenza will not necessarily protect against another.

FOR MORE INFORMATION:
FIGHTFLU.CO.NZ
0800 466 863



The influenza vaccine is a prescription medicine. Talk to your doctor or nurse about the benefits and possible risks. TAPS PP9132. IMAC1721.

Influenza.
Don't get it.
Don't give it.

YOUR FLU

COULD HARM A PATIENT

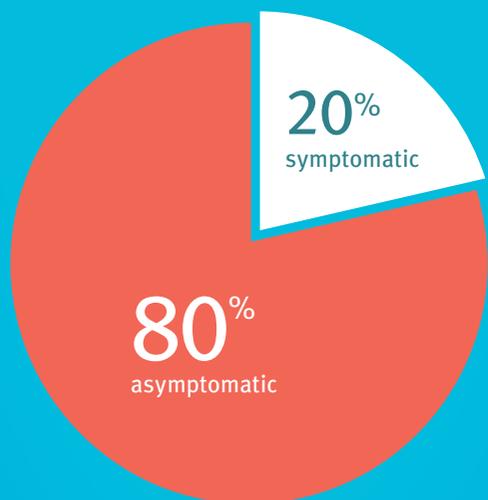
**Please make sure
you get immunised**

80%

of people infected show no symptoms*

You would never intentionally deal with patients if you knew you had influenza – but what if you were among the 80% who show or feel no symptoms.

You could be exposing many vulnerable patients or other staff members to your influenza without even knowing.



Protect your patients, your colleagues and yourself

Healthcare workers are often more likely to come in contact with the influenza virus, and as such are at greater risk of catching it.

The World Health Organization strongly recommends healthcare workers as a priority group for influenza vaccination, not only for their own protection and ability to maintain services but also to reduce the spread of influenza to their vulnerable patients including pregnant women.

Even your immunised patients are still at risk

Relying on your vulnerable patients to protect themselves with yearly influenza immunisation is not enough, as many at risk patients may have poor immune responses to the vaccine.

And who will do your job if you're sick?

Every year, influenza causes the wards and waiting rooms of New Zealand's health services to fill up.

A number of patients will be seriously ill this winter and your help will be needed, help you can't give if you are down with influenza too.

Your influenza vaccination may be free. Speak to your occupational health service to find out more.

*Results from the 2015 Southern Hemisphere Influenza and Vaccine Effectiveness, Research and Surveillance (SHIVERS) influenza research serosurvey showed that around 26% of people in NZ had contracted influenza over the 2015 season. Read more about this study at www.influenza.org.nz