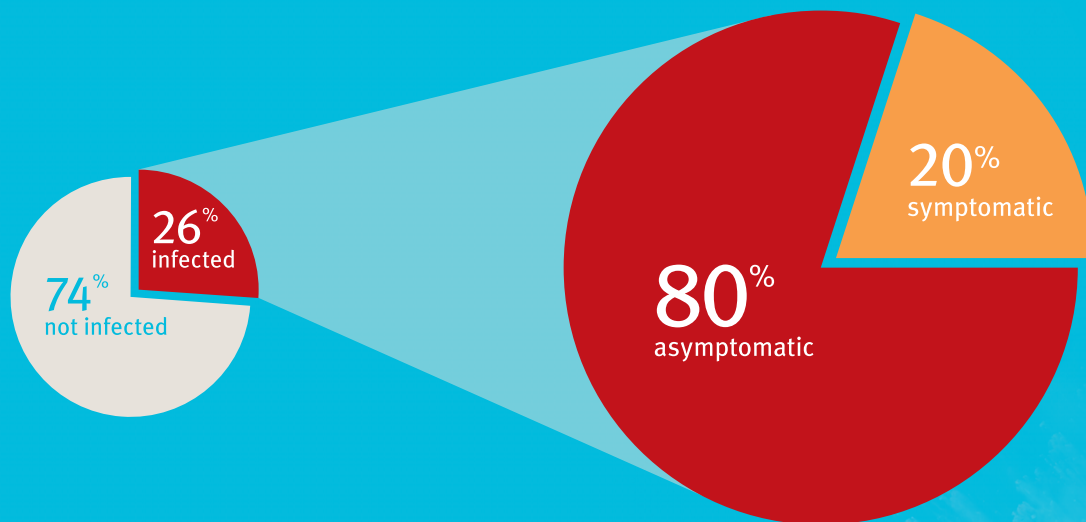


4 out of 5 people infected show no symptoms of influenza

The Southern Hemisphere Influenza and Vaccine Effectiveness, Research and Surveillance (SHIVERS) Serosurvey, in 2015, provided information about the immunity that people in the community have against influenza.

The results showed that 26% of people were infected with influenza and **4 out of 5 of these people (80%) were asymptomatic carriers.**¹ These carriers could have spread the virus among their family, co-workers, classmates and patients without ever realising it.



And once spread, influenza has a serious effect on our community

Other SHIVERS data showed that when applied to the New Zealand population:

- 31,850 sought help from their GP
- 2,209 were hospitalised

Help prevent the potentially devastating effects of influenza in your community

Recommend annual influenza vaccination to your patients

Please make sure you get vaccinated every year

The SHIVERS Serosurvey

The purpose of this study was to contribute to knowledge about influenza infection in the community and identify if participants:

- developed immunity to influenza by the end of the winter and
- had influenza during the winter

Study Overview: The study took place between February and November 2015 and involved about 1,500 adults and children randomly selected from general practices in Auckland.

After a short health survey, a blood sample was taken before the influenza season, and from May to September, weekly contact was used to check for cold or influenza symptoms. For those meeting the influenza-like illness case definition, and who hadn't visited a GP, a nose or throat swab was taken to test for viruses or bacteria that cause influenza, colds or sore throats. At the end of winter, a longer questionnaire was completed and a second blood sample was collected. Detection of influenza RNA or antibody against haemagglutinin was used to estimate influenza infection rates.