

## COMPARE THE RISKS FROM INFLUENZA INFECTION

### Common symptoms

- fever, sore throat, runny nose, dry cough, headache and muscle ache (1 week or longer)
- croup and bronchiolitis in children

### Common complications

- pneumonia
- ear and sinus infections
- myocarditis and pericarditis
- exacerbation of a chronic medical condition (e.g. congestive heart failure, COPD)

### Rare complications

- septicaemia
- encephalopathy
- death

### Common adverse events from flu vaccination

- soreness/pain, redness and/or swelling around the injection site
- short-term fever, fatigue, and or muscle ache (1-2 days)

### Rare adverse events

- urticaria (Hives)

### Very rare adverse events

- anaphylaxis
- paresthesias
- Guillain-Barre syndrome (<1 per 1 million doses)

## WHERE TO GET VACCINATED

Check with your workplace first as many health care facilities provide influenza vaccination for their staff.

Alternatively, seasonal influenza vaccine is available from your GP and from some community pharmacies.

## MORE INFORMATION

**YOUR LOCAL PUBLIC HEALTH UNIT**  
1300 066 055

**NSW HEALTH INFLUENZA PAGE**  
[www.health.nsw.gov.au/flu](http://www.health.nsw.gov.au/flu)

**IMMUNISE AUSTRALIA PROGRAM**  
[www.immunise.health.gov.au](http://www.immunise.health.gov.au)

**NATIONAL CENTRE FOR IMMUNISATION RESEARCH AND SURVEILLANCE**  
[www.ncirs.edu.au](http://www.ncirs.edu.au)

# STAFF INFLUENZA VACCINATION. PROTECT YOURSELF AND YOUR RESIDENTS.



Health

## PROTECT YOURSELF AND YOUR RESIDENTS

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Flu can cause significant risks to those in residential care facilities. It is important that people caring for residents are vaccinated for flu every year.

Vaccination can reduce:

- staff passing the virus onto residents
- deaths and morbidity in residents
- demand for health care services
- taking flu home to family and friends.



## FLU FACTS

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Did you know:

- one in three health care workers will get flu each year
- three out of four health care workers attend work whilst sick
- health care workers are often the source of infection for residents
- flu is infectious one day before symptoms develop and up to seven days after
- even if you don't show flu symptoms you can spread it to others.

## WHO SHOULD GET VACCINATED

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All health care staff directly involved in the care of residents should get vaccinated, including:

- administrative staff with patient contact
- doctors
- nurses and carers
- therapists
- religious workers
- cleaning and kitchen personnel
- volunteers
- temporary and part time workers.

## WHEN TO GET VACCINATED

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Get a shot as soon as vaccines become available. Flu seasons are unpredictable and can begin as early as April and last until October. Shots are most effective before flu season starts and can take about two weeks to take effect but can be given at any time.

## FLU VACCINATION IS REQUIRED EVERY YEAR

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Annual vaccination boosts your antibody levels to protect you and others from flu. To protect against new strains it is important to get vaccinated each year with updated vaccines as the flu virus can change from year to year.

To limit the spread of influenza:

- wash your hands regularly with soap and water or alcohol hand rub
- cover your mouth and nose with a tissue when you cough or sneeze
- bin your used tissues straight away.

***Even fit and healthy  
people can catch the flu.***