



Facts about..

FLU VACCINATION

WHAT IS INFLUENZA?

The influenza virus is an airborne virus that can be passed on by a simple sneeze or cough.

Although most people recover from influenza within a few days, some people, especially those aged 65 years and over and people with certain chronic conditions, can suffer complications. This can include pneumonia which can lead to hospitalisation and even death.

WHEN SHOULD I BE VACCINATED?

It is necessary to receive a flu vaccine every year in autumn because the virus changes all the time and the vaccine is modified to match the current virus.

The vaccine takes about 2 weeks to become effective. No Immunisation is 100% effective, but if you were to contract influenza it is likely to be a much milder infection than if you had not been vaccinated at all.

ANNUAL VACCINATION IS REQUIRED TO PROVIDE CONTINUOUS PROTECTION AGAINST THE MOST RECENT VIRUS STRAIN

POTENTIAL SIDE EFFECTS

The most frequent side effect is redness or mild discomfort

at the injection site. This may last a few days.

Flu-like symptoms such as fever, fatigue and muscle soreness can also occur, but they only *mimic* the flu.

THE VACCINE CANNOT CAUSE INFLUENZA

WHAT IF I'M PREGNANT?

It is recommended that you receive the vaccination if you are pregnant as infection can potentially cause complications and severe disease. The vaccination is safe at all stages of pregnancy.

RECEIVING YOUR VACCINATION

Our nursing staff can administer the vaccine for you. We stock the vaccine at the practice.

Starting on the 6th April right through to the end of May 2010, drop-in Clinics will run as follows

Every Tuesday and Thursday
2pm - 3pm
Every Wednesday
8am - 9am

THE VACCINATION IS FREE FOR THE FOLLOWING PEOPLE:

- ✓ Those aged 65 and over
- ✓ Those with a chronic health condition that can increase the severity of influenza infection, including: diabetes, heart disease, a lung condition (e.g. severe asthma, COPD), kidney disease, a neurological condition, or impaired immunity
- ✓ Pregnant women

The fee for administering the vaccine is \$27. You will receive \$11.35 of this back from Medicare. If you are under 65 years of age or do not have a chronic disease as listed above the vaccine will cost an additional \$18.

ALLERGIES

If you are allergic to eggs, or develop swelling of the lips or tongue or experience acute respiratory distress after eating eggs, you should not have the influenza vaccine.

For information about all our services and our doctors, please visit us on

www.cremornemedical.com.au

We are a team of committed and experienced family doctors, nurses and support staff working together to set new standards in patient care and practice administration.



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