

# TREATING INFLUENZA IS IMPORTANT

Influenza causes more deaths than road accidents: 1500 - 3000 people each year.

What flu can do to your patients can be brutal!

- Hospitalisation
- Exacerbation
- Death

Who is most at risk?

Notifications were highest in children aged under 10 years and adults aged 80 years and older.

## YOU PLAY AN IMPORTANT ROLE

In protecting thousands who are at risk of influenza complications! 55% of the population did not intend to get a 'flu shot' in 2018 - which leaves vulnerable people exposed because Australia is far from reaching herd immunity!

2018 was a mild influenza season with only 58,570\* notifications of laboratory confirmed influenza. But the proportion of hospitalised patients admitted to ICU was 8 % and on par with previous years!

The start of 2019 has seen a huge spike in influenza cases. From January 2019 to April 2019 there has already been a reported 28,987 cases.

\*It is estimated that lab confirmed influenza represents only the tip of the iceberg in the community.

## INFLUENZA SIGNS AND SYMPTOMS



Runny Nose



High fever and chills



Severe coughs



Sore throat



Headaches



Muscle aches and sore joints



Children symptoms may also include nausea, vomiting, and diarrhoea

## HOW DO INFLUENZA ANTIVIRAL DRUGS WORK?

They **block** the activity of the **neuraminidase enzyme**, which stops the release of the virus from infected cells and restricts further progression within the body.



If antivirals are commenced within 48 hours of onset of illness they achieve:



63% reduction of hospital admissions



1 day reduction in duration of symptoms



44% reduction of lower respiratory tract complications



Reduction of otitis media and antibiotic use in young children

## ANTIVIRAL TREATMENTS & POSSIBLE SIDE EFFECTS

### Tamiflu®

Oseltamivir  
Oral capsule  
(marketed as **Tamiflu**)

Side effects are **uncommon** and **generally mild**. May cause **nausea** and **vomiting**. There have been post-marketing reports of **rare transient neuropsychiatric events**, mainly among Japanese adolescents and adults.

### RELENZA

Zanamivir  
Inhaled formulation  
(marketed as **Relenza**)

Side effects are **uncommon** and **generally mild**. May cause **gastrointestinal disturbances, headaches, dizziness**, it may also cause **upper airway congestion, sinusitis, bronchitis and coughs**.



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The Immunisation Coalition is a not-for-profit organisation consisting of medical and science specialists from Australia and New Zealand, with an expertise in influenza and other infectious diseases.

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