



## BE AN ADVOCATE FOR VACCINATION

People are more likely to get the vaccine if it is recommended by you!

Influenza is a potentially fatal disease that is estimated to cause 1500 - 3000 deaths in Australia annually.

Free influenza vaccine is available under the National Immunisation Program (NIP) for people in the following risk groups:

- Older adults (65+)
- Children aged between 6 months and less than 5 years old
- Indigenous Australians
- Pregnant women
- People aged 6 months and over with medical conditions that can lead to complications from influenza (such as severe asthma, lung or heart disease, chronic neurological disease, renal and metabolic disease, and impaired immunity).

Age, health lifestyle and occupation (HALO) can also put people at high risk of influenza complications. These include:

- obesity
- stroke
- tobacco smoking
- down syndrome
- residents of nursing homes & other long-term facilities
- homeless people

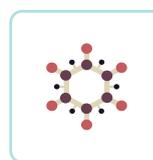
These are not funded to receive free influenza vaccination.

For further information about influenza and the NIP visit:

[www.health.gov.au/immunisation](http://www.health.gov.au/immunisation)

or contact your state and territory health department:

ACT	02 6205 2300
NSW	1300 066 055
NT	08 8922 8044
SA	1300 232 272
TAS	1800 671 738
VIC	1300 882 008
WA	08 9321 1312
QLD	Contact your local Public Health Unit



### IMMUNISATION COALITION RECOMMENDATION:

Everyone over 6 months of age should receive an annual influenza vaccination to protect themselves, and to increase herd immunity.

OVER  
300,000  
CASES

Australia had a record year of reported influenza cases in 2019.

62%

Australians listening to the call – 62% of Australians want to get vaccinated to avoid a double infection with Influenza and COVID-19.

40%

The IC Consumer survey results show that 40% of the Australian adult population trust the advice from a doctor.



Vaccination is the best way to protect your patients against influenza.



Influenza virus strains have changed again for 2020 – it is important to have the influenza vaccine every year!



# it is never too late to vaccinate.

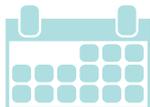
scan the code or go to [www.immunisationcoalition.org.au](http://www.immunisationcoalition.org.au) to keep up to date with the latest facts about influenza.



Scan

## TIMING OF VACCINATIONS

Vaccination is encouraged throughout the influenza season. However pregnant women and residents of northern Australia should be offered the vaccine as soon as it becomes available.



The duration of protection for elderly people is shorter, with optimal protection occurring in the first 3 to 4 months after vaccination.

## INFLUENZA & HEART ATTACKS

Evidence from several studies indicates that annual vaccination against seasonal influenza reduces cardiovascular morbidity and mortality in patients with cardiovascular conditions. Studies indicate that the influenza vaccine almost halves the risk of heart attacks in older adults.



GPs who treat individuals with cardiovascular disease can help improve influenza vaccination coverage rates by asking about vaccination status, strongly recommending and providing vaccination to their patients before and throughout the influenza season.

## COVID-19 INFORMATION

COVID-19 and influenza are both serious respiratory infections. It is therefore essential that patients are immunised against influenza at the earliest opportunity, particularly those most at risk.

## DISCARD 2019 INFLUENZA VACCINE!

These vaccines expired on 28 February 2020.  
Make sure you only have the 2020 vaccine in the fridge.

## VACCINE COMPOSITION

**A (H1N1):** A/Brisbane/02/2018  
**A (H3N2):** A/South Australia/34/2019  
**B:** B/Washington/02/2019  
**B:** B/Phuket/3073/2013

*For people 65 or over, there is an enhanced vaccine available in 2020: Flud®Quad 0.5ml*



## INFLUENZA & PREGNANCY

Vaccinating pregnant women against influenza gives a 3 for 1 benefit:

- protects the woman during pregnancy and in the early months of motherhood
- protects the young infant by trans-placental antibodies, and
- protects the young infant by antibodies in breast milk.



## INFLUENZA & CHILDREN

The influenza vaccination is funded under the NIP for children aged between 6 months and less than 5 years of age. The vaccines available for children under the NIP this year are:

**Vaxigrip Tetra® 0.5ml** for those aged 6 months and older  
**Fluarix® Tetra 0.5ml** for those aged 6 months and older  
**FluQuadri™ 0.5ml** for those aged 6 months and older  
**Afluria®Quad 0.5ml** for those aged 5 years and older

Other children with underlying medical conditions that put them at risk of severe complications from influenza may also be eligible for free vaccine under the NIP.

*Note: the age groups for which FluQuadri™ can be used have changed in 2020.*

