



## ABOUT INFLUENZA

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).

## AUSTRALIAN IMMUNISATION REGISTER (AIR)

As of 1 March 2021, it is **mandatory** to upload influenza vaccinations administered.

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:

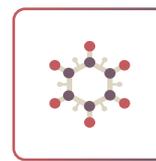
[www.health.gov.au/immunisation](http://www.health.gov.au/immunisation)

or contact your state and territory health department:

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

## BE AN ADVOCATE FOR VACCINATION

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



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

36%

36% of people surveyed indicated they either had a chronic illness or were in poor health

22%

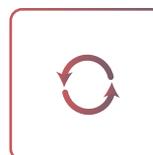
We need to do better - more than 1 in 5 Australians over 65 years old still do not get the flu shot.

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 2021 – it is important to have the influenza vaccine every year!



# it is never too late to vaccinate.

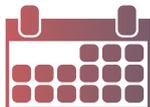
scan the code or go to [www.immunisationcoalition.org.au](http://www.immunisationcoalition.org.au) to keep up to date with the latest facts about influenza.



Take Photo

## 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.

If the first COVID-19 vaccination has already been given, remember to wait 2 weeks before and after giving the flu shot

## DISCARD 2020 INFLUENZA VACCINE!

These vaccines expired on 28 February 2021. Make sure you only have the 2021 vaccine in the fridge.

## VACCINE COMPOSITION

**A (H1N1):** A/Victoria/2570/2019

**A (H3N2):** A/Hong Kong/2671/2019

**B:** B/Washington/02/2019

**B:** B/Phuket/3073/2013

*For people 65 or over, there is an enhanced vaccine available in 2021: 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

**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.

