

FLU VACCINE - IT'S LIKE BOOT CAMP FOR YOUR IMMUNE SYSTEM



SO GET YOUR SHOT BEFORE THE INFLUENZA SEASON GETS UNDERWAY

The influenza vaccine helps train your immune system to make antibodies to fight the influenza virus. By activating your natural defences, it gives you a head-start when your body is exposed to real influenza virus. Remember, it takes 2–3 weeks to build immunity.

SLICED, DICED AND NEUTRALISED - THE VIRUS IN THE FLU VACCINE WILL NEVER GIVE YOU FLU



SO, GET VACCINATED AGAINST INFLUENZA BEFORE IT HAS A CHANCE TO INFECT YOU

You can't get influenza from the influenza vaccine, because there's simply no live influenza virus in it. If you have thought that you came down with 'the flu' after vaccination, it may be because:

- You caught influenza before getting vaccinated or before your body had time to make antibodies to the vaccine; or
- It's not influenza at all – just a common cold (though maybe a bad one).

Feeling below par after vaccination can be your body's natural response to being vaccinated and can be a sign that the vaccine is working.

FLU TRUTHS YOU CAN'T ARGUE WITH THE FACTS. GET VACCINATED.



SPEAK TO YOUR HEALTHCARE PROFESSIONAL FOR MORE INFORMATION

Discover more Flu Truths at
www.immunisationcoalition.org.au



IMMUNISATION
COALITION

FLU VACCINATION'S LIKE A SEAT BELT - YOU NEVER KNOW WHEN YOU'LL NEED IT



EVERYONE'S AT RISK AND INFLUENZA VACCINATION EVERY YEAR IS THE BEST WAY TO HELP PROTECT YOURSELF

The influenza virus doesn't discriminate. It can hit unexpectedly – no matter how fit and healthy you are – and influenza can be serious, sometimes causing complications or even causing death. You wouldn't ride in a car without a seatbelt, so **why take a chance with influenza?**

DON'T KNOCK THE FLU SHOT. FLU VACCINATION IS YOUR BEST DEFENCE AGAINST THE FLU.



DON'T GO UNPROTECTED. GET YOUR INFLUENZA SHOT NOW

Vaccination is the **single most important way of preventing infection** by the influenza virus and is backed by the World Health Organisation. Research shows that healthy working adults vaccinated against influenza have almost half the number of sick days and doctor visits due to upper respiratory illness, compared to those who aren't vaccinated.*

*Reference: Nichol K. *et al. N Engl J Med* 1995; 333:889–893.

WHAT FLU CAN DO TO YOU, CAN BE BRUTAL



ASK YOUR HEALTHCARE PROFESSIONAL ABOUT INFLUENZA VACCINATION NOW

Don't confuse influenza with a cold. Influenza can knock you out quite suddenly with body aches, fever and, in some people, influenza can lead to complications such as pneumonia. Some researchers have also found that **people with influenza are at an increased risk of a heart attack**.* Your Healthcare Professional can test you for the difference between influenza and cold, but it's best to get vaccinated against influenza in the first place.

*References: Barnes M. *et al. Heart* 2015; 101:1738–1747. Kwong J. *et al. N Engl J Med* 2018; 378:345–353.