WHAT SHOULD

YOU KNOW ABOUT FLU (INFLUENZA)?

Flu is caused by the influenza virus: Previous infection or vaccination is no guarantee of protection against it - the flu virus is changing all the time² and there are many different strains.¹

HOW SERIOUS IS FLU?

While most people have relatively mild flu symptoms, flu is a potentially serious disease that can lead to hospitalisation and sometimes even death.

It can cause bronchitis, croup, pneumonia, ear infections, heart and other organ damage, brain inflammation and brain damage.1

163,000 **CASES**³

Average number of flu cases detected in Australia each vear between 2015 and 20203



The estimated number of work days lost to flu and its associated complications each year.

HOW CAN YOU RECOGNISE THE FLU?

Flu symptoms include a runny nose or sneezing, cough or sore throat, fever and chills, headache, body aches, vomiting and diarrhoea (which is more common in children).1

Most flu symptoms last up to a week' but coughing can continue for up to two weeks or more.



















Flu is **NOT** the same as a common cold. flu symptoms tend to be more intense:



It is very difficult to distinguish between the symptoms of COVID-19, influenza and a cold. If you have any infectious or respiratory symptoms (listed over the page), self-isolate yourself.8

Contact a healthcare professional, you may need testing for COVID-19.°

References: 1. Department of Health, Australia. Available at https://www.health.gov.au/health-topics/flu-influenza Last accessed February 2021. 2. CDC. Vaccination Information Statement. Available at https://www.cdc.gov/VACCINES/HCP/ VIS/VIS-STATEMENTS/FLU.PDF Last accessed February 2021. 3. Australian Influenza Surveillance Report. National 2020 Influenza Season Summary. Available at: https://www1.health.gov.au/internet/main/publishing.ns/fOontent/cda-surveil-oz/llu-flucurr.htm/\$File/National-Influenza-Season-Summary2020.pdf. Accessed February 2021.4. Milis, James ute of Industrial Technologies, Dickson, A.C.T 1996. 5. WHO. Influenza (seasona news-room/fact-sheets/detail/influenza-(seasonal). Last accessed February 202

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KNOW YOUR CHOICES 2021

What are you doing to protect yourself?



WHO IS AT RISK FROM FLU?

IT DOESN'T MATTER HOW FIT AND HEALTHY YOU ARE. **OR YOUR AGE - YOU'RE STILL** AT RISK OF CATCHING FLU12

Certain groups are more at risk of flu and its complications, including older people.1

> **PEOPLE WITH A COMORBIDITY** may have up to

increased risk of

DEATH FROM FLU



WAYS TO PROTECT YOURSELF AND OTHERS FROM FLU^{1,10}

- Vaccination
- Maintain distance or avoid work and activities with symptomatic individuals and households
- If you don't feel well, stay at home
- Wash your hands regularly

VACCINATION IS ONE OF THE BEST WAYS TO PROTECT AGAINST INFLUENZA

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.

Some people may be eligible for flu vaccines funded under the National Immunisation Program.¹⁵

Annual flu vaccination is recommended for all people aged 6 months and over¹⁴

ANYONE CAN CATCH THE FLU

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 occasionally even causing death.

FLU IS HIGHLY CONTAGIOUS¹

Flu infection happens when you breathe in droplets from sneezes and coughs of an infected person, or touch a contaminated surface then touch your mouth, eyes or nose.1



1 to 2 metres

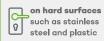
A sneeze can travel 1-2 metres and a single sneeze droplet may contain 200,000,000 individual flu virus particles.

The flu virus can survive in the environment up to 8 hours or more.11

up to 1 HOUR







up to 5 MINS



Flu can spread before any symptoms show.

You can pass it on to family or workmates before you know you're sick.6,12

You can be infectious to others for over a week12



before symptoms develop

and

up to 5-7 **DAYS**

after becoming sick

