CAN YOU AFFORD THE FLU?

GET VACCINATED

FLU IS HIGHLY CONTAGIOUS

Other people can give you the flu anywhere – at home, in a queue or at work. Just one sneeze can spread it up to a metre.

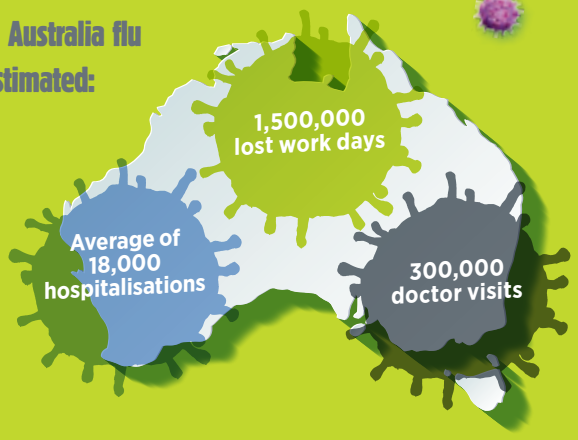
Flu can spread before any symptoms show – your workmates or your family might not even know they're passing the virus on to you.

It doesn't matter how fit or healthy you are – you're still at risk of getting the flu.

Natural immunity is no guarantee. As the flu virus is changing all the time, it's recommended that you get vaccinated every year.

FLU'S COST TO THE COUNTRY

Each year in Australia flu causes an estimated:



FLU'S IMPACT ON YOU

Having the flu can be much worse than having a cold. The most common effects of flu are body aches, headaches, fever, chills and fatigue.

- While fever may last only three to five days, a cough may last up to two weeks.
- Your performance at work may suffer to the same degree as if you had consumed alcohol.

Your risk of complications from flu is higher if you are pregnant, aged 65 years and over, or if you are of Aboriginal or Torres Strait Islander descent.

Your risk of complications from flu is also higher if you suffer from a chronic condition such as:

- Cardiac disease
- Diabetes
- Respiratory disease
- Chronic kidney disease
- Impaired immunity
- A chronic neurological disorder
- Down syndrome
- Obesity

VACCINATION IS YOUR BEST DEFENCE AGAINST FLU

Research has shown that healthy working adults vaccinated against flu have nearly half the number of doctor visits and sick days due to upper respiratory illness compared to those who were unvaccinated.

Flu's effect on a family or workplace can stretch out as one person after another gets sick.

Getting vaccinated reduces your risk of getting the flu and spreading it to others.

You cannot get flu from the vaccine, because it does not contain any live virus.

SAVE YOUR SICK LEAVE AND ASK YOUR DOCTOR ABOUT FLU VACCINATION.

bioCSL (Australia) Pty Ltd, ABN 66 120 398 067, 63 Poplar Road, Parkville, VIC 3052. ® bioCSL is a trademark of CSL Limited. Date of preparation: November 2014. FVAX/1014/0021a. 12424.