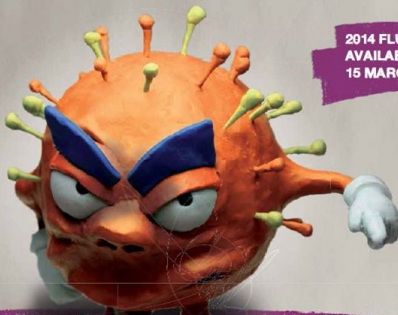


Australian Government
Department of Health

Immunise
Australians
An Australian, State and Territory
Government Initiative

**2014 FLU SHOT
AVAILABLE FROM
15 MARCH**



**GET THE FLU SHOT
BEFORE THE FLU
GETS YOU!**

People at high risk of complications from influenza are eligible for a free flu vaccine.

- > 65 years and over
- > Pregnant women
- > Aboriginal and Torres Strait Islander people aged 15 years and over
- > Anyone 6 months of age and over who has a chronic medical condition such as severe asthma, lung or heart disease, low immunity or diabetes.

Talk to your healthcare provider about the flu vaccine.

www.immunise.health.gov.au

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Get the Flu Shot!



The reasons are all around you.

Influenza can lead to serious complications and even death for people in high risk groups. **Protect yourself** and those around you.



Get the flu shot. Not the flu.

CANADIAN COALITION FOR INFLUENZA IMMUNIZATION
www.influenza.cpha.ca

Flu Shots

[BY THE NUMBERS]

200,000 Average number of people hospitalized with the flu each year in the U.S.

6
MONTHS

Age at which flu shots should begin

2
WEEKS

Time it takes your body to develop antibodies after vaccination

140-160 MILLION

Number of doses projected to be available in the U.S. this flu season

6
FEET

Distance someone can spread the flu virus



Source: Centers for Disease Control and Prevention

healthfeed.uofuhealth.org



EVERY YEAR FLU CAUSES SEVERE ILLNESS AND DEATH.

IF YOU ARE:

65+

Over 65



Have a long-term illness



Pregnant



A health care worker

GET YOUR FLU VACCINE NOW.

IT'S A LIFESAVER



For more information, talk to your GP, Pharmacist, or Occupational Health Department

 Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Get your Flu Shot!



**DON'T GET
THE FLU.
DON'T SPREAD
THE FLU.**

GET VACCINATED.

cdc.gov/flu



**IT ONLY LOOKS
HARMLESS.**



Stop the Flu Bug! Get the Shot!

FightTheFlu.org



Beat the Bug!



Get a Flu Shot!

THE STORY OF INFLUENZA

Influenza is a contagious respiratory illness caused by influenza viruses

Influenza type **A** and **B** cause the majority of influenza illness in humans

Transmission occurs through close contact with others and contact with contaminated surfaces



Healthy people can spread influenza before showing any signs of illness

An estimated 10-20% of Canadians are infected with influenza each year

Young children, adults >65 years of age, and people with medical conditions are most vulnerable



Complications such as pneumonia may lead to hospitalization or even death

Symptoms are often confused with influenza-like illnesses like the common cold

An average 12,200 hospitalizations and approximately 3,500 deaths are attributed to influenza annually in Canada



The National Advisory Committee on Immunization (NACI) recommends all Canadians 6 months of age and older be immunized for influenza

Prevention is possible!



BUT new strains of influenza appear every year

This is why influenza immunization is required every year



Influenza vaccines **CANNOT** give you influenza

Influenza vaccines are **SAFE** and **EFFECTIVE**



Talk with your doctor, nurse, pharmacist or local public health unit about influenza immunization

Reference:

¹ National Advisory Committee on Immunization (NACI). Canadian Immunization Guide: Update on Influenza and Management of Seasonal Influenza Vaccines for 2015-2016. <http://www.pnac-ipc.gc.ca/naci-caci-the-2015-update-eng.pdf>

Five minutes
vs.
Five days



*Can you afford
to be sick?*

STOP
the Spread

Get The Flu Vaccine

FOR FLU VACCINE LOCATIONS AND INFORMATION

www.cchealth.org

1-888-959-9911

www.twitter.com/CoCoHealth

Facebook: Contra Costa Health Services



CAN YOU AFFORD THE FLU?
GET VACCINATED
ASK US HOW

Annual vaccination is your best defence against flu.
 Get SMS reminders each year by texting FLU to 199 99 FLU.

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Everyone 6 months and older should get the **flu vaccine**

Check with your
 Private Physician
 Local Public Health Unit
 Local Pharmacist

NORTH DAKOTA
 DEPARTMENT OF HEALTH
www.ndflu.com



GOT THE FLU SHOT



**DIDNT CATCH IT FROM
THAT GUY ON THE BUS**


1. Who needs a
flu vaccine?

- a) You
- b) You
- c) You
- d) All of the above

Even healthy people can get the flu,
and it can be serious.

Everyone 6 months and older should
get a flu vaccine. **This means you.**

This season, protect yourself—and those
around you—by getting a flu vaccine.

THE FLU ENDS WITH 

FLU SICK



Cold weather times is **FLU** Time.

FLU IS DIFFERENT FROM **COLD SICK**

The Flu virus makes you feel very sick.

HEADACHES

ACHES AND PAINS

COUGHING

HOT OR COLD FEVER

FLU SICK CAN REALLY HARM OR EVEN KILL!

The flu can make you very weak. It could take days or weeks for a person to get better from the flu virus.

FLU VACCINE



There is a needle given every year, before cold time, which helps stop flu. So ask the doctor, clinic or AMS Health staff about the needle against flu.

CONTACT YOUR A.M.S:

HOW TO STOP FLU SICK SPREADING AROUND COMMUNITY

1 CLEAN HANDS



2 TRAP COUGHS AND SNEEZES

Cough and sneeze into a tissue or hands to stop the flu spreading in the air. **THEN ALWAYS WASH HANDS AGAIN!**



PUT TISSUE IN THE BIN



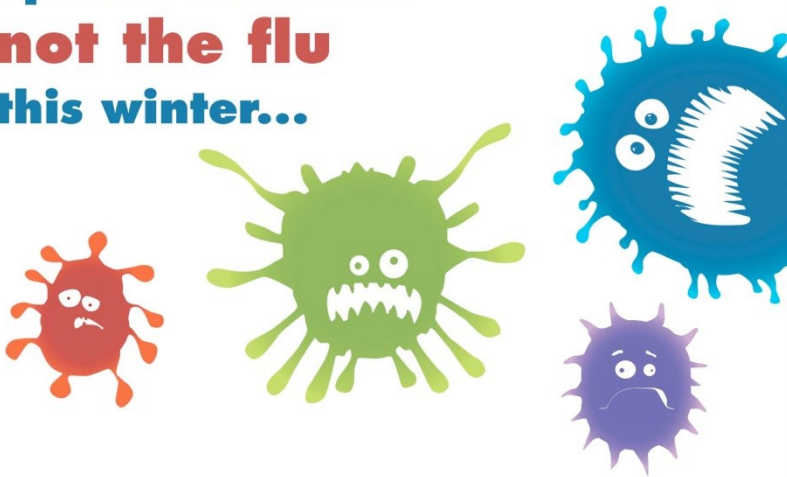
3 KEEP BACK FROM SICK PEOPLE - IF YOU ARE FLU SICK, STAY AWAY FROM PEOPLE



Really stay away from old people, babies and kids, diabetes, sick, and pregnant women!



**Spread the word
not the flu
this winter...**



**Don't hesitate
- Vaccinate!**



**protect yourself, your family
and your patients**

<http://nhsdevonplymouthandtorbay.createsend3.com/t/ViewEmail/r/88090B032E660262>

FLU ISN'T THAT SERIOUS



...IS IT?

Some people are at higher risk of very serious illness or even death if they develop flu. That's why the Department of Health recommends a flu vaccination every year for people who:

- **have diabetes**
- **are pregnant**
- **are aged 65 and over**

or those with some long-term conditions affecting:

- **the lungs**
- **the heart**
- **the kidneys**
- **the liver**
- **the brain or nervous system**
- **the immune system**
- **the spleen**

If you think this list includes you, book your flu vaccination today.

YOU Get the facts.
vs
FLU Get protected.

www.flu-protect.co.uk


sanofi pasteur MSD

Provided by Sanofi Pasteur MSD

Reporting of side effects. If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

UK1282/07/74

Infect Me Not.

Healthy Habit #6
Get Vaccinated.



Learn more healthy habits at: www.InfectMeNot.org

THERE ARE EASIER WAYS TO
PROTECT YOURSELF.



SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH