



What is the flu?

The flu is caused by the influenza virus. The viruses change rapidly, and strains in circulation vary each season. **Symptoms include high fever, headaches, muscle aches, coughing and shivering. Bed rest is necessary. Severe complications such as pneumonia can occur.**

Flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. The Centres for Disease Control and Prevention (CDC) recommends a yearly flu vaccination as the first and most important step in protecting against flu and its potentially serious complications.



There is no 'I'll push through' with Flu!

Vaccination Benefits

Reduce:

- Flu illnesses
- Doctors' visits
- Days off work or school
- Hospitalisations with flu related diseases or influenza.

Influenza vaccination is safe, effective and cannot give you "the flu"



Influenza.
Don't get it.
Don't give it.



Protect against flu!

Yearly flu vaccination is the best tool currently available to protect against influenza (flu).

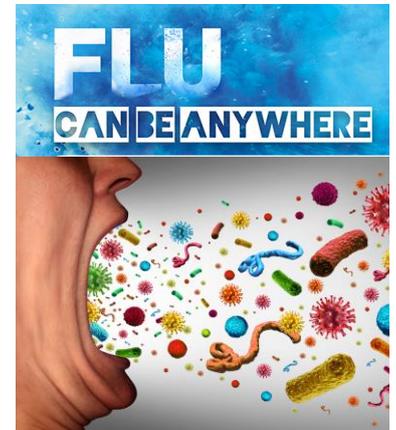
For 2018, we're vaccinating against four influenza strains included in the vaccine, two are new (in bold):

- A/Michigan/45/2015 (H1N1) pdm09- like virus
- **A/Singapore/INFIMH-16-0019/2016 (H3N2)-like virus**
- B/Phuket/3073/2013-like virus
- B/Brisbane/60/2008-like virus

1 in 4 four New Zealanders are infected with influenza or 'flu' each year. Many won't feel sick at all, but can still pass it on to others. Getting an influenza vaccination before winter offers you and others the best protection in your workplace.

FACT

Did you know it takes up to **two weeks** to develop immunity after your flu vaccination?



Get your staff vaccinated

Having staff away from work because they have caught influenza (the flu) can be very costly for your organisation.

Research has shown that employees that have been vaccinated have had up to 44% fewer doctor visits and up to 45% fewer lost workdays.

We can come to your business or visit one of our clinics.

**Cost: \$30 per person (pp)
50+ people \$25 pp**

We will run "drop in" clinics over the flu season at our clinic located at 86 Ninth Avenue, Tauranga.

Call us or email us for an appointment before the flu season hits.

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