

WORKPLACE FLU JABS

What is "the Flu"?

Influenza

- Influenza isn't "just a bad cold". It's an acute respiratory infection that can be serious.
- The Flu is highly contagious because it's spread through coughing & sneezing – droplets.
- It can affect anyone, no matter how fit, active & healthy you may be.
- Healthy people still become seriously ill and even die.
- Flu-related deaths claim the lives of approx 500 Kiwi's every year.

The Vaccine

Maxwell Health uses the Fluzone for it's onsite nurse visits.

- You'll be required to complete a simple Consent Form.
- The vaccination is given in your deltoid in the upper arm.
- You'll be asked to remain onsite for 5-20 minutes afterwards.

The Flu vaccination can give me the Flu.

No. The Flu vaccine prepares your immune system to fight the Flu. The vaccine itself contains no live viruses. You might feel mild, flu-like symptoms (soreness, low fever, aches) as your immune system builds protection, which usually lasts a day or two and shows the vaccine is working.

I'm too fit and healthy to get the Flu.

Flu can attack anybody at anytime. It attacks your immune system & doesn't care if you are fit or healthy!

Immunisation is your best defence against Influenza

"I found Maxwell Health's Flu nurse to be very professional and caring. I was a little anxious, but I'm glad I took the time to talk to the nurse as she made me feel at ease and the vaccination was less painful than I anticipated."

— Rose Ross

Flu Vouchers

If you receive a voucher, you'll be able to redeem it at over 700 nominated medical centres and pharmacies
www.maxwellhealth.co.nz/vouchers

The vaccine you will be given is Influvac Tetra or Fluzone. If an alternative flu vaccine is selected, any associated additional fees, will be at the employees expense.

Choose to protect yourself and your family's health this winter

Why should I have my Flu shot?

- To protect, yourself, family & colleagues.
- Reduce the risk of hospitalisation & death.
- Reduce the number days you miss off work, or kids off school, due to the Flu.
- Prevention is the key.

Why vaccinate each year?

Flu vaccines are seasonal. We need to be vaccinated every year because there are different strains of the Flu virus circulating. So, the Flu vaccine is updated annually by the World Health Organisation.

Around one in four New Zealanders are infected with Influenza each year.

Many people won't feel sick at all, but can still pass it on to others.

**Influenza can
be anywhere.**



PH 0800 376 600



www.maxwellhealth.co.nz

Need more info, visit:

<https://maxwellhealth.co.nz/workplace-flu-vaccinations/faqs/>

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