

Ways to protect yourself and others from flu^{1,10}

- 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

Vaccination is one of the best ways to protect against influenza¹

- Annual flu vaccination is recommended for all people aged 6 months and over⁸
- Remember, it takes 2–3 weeks after vaccination to build immunity¹¹



Your flu vaccine options

Did you know that you have options when it comes to the type of flu vaccine you get?

Some people will also be eligible for a free flu vaccine, which in Australia are provided to at risk groups, including:¹

- Children aged 6 months to 5 years
- Adults aged 65 years and over
- Aboriginal and Torres Strait Islander people, pregnant women and people with certain medical conditions, aged 5 to 65 years

To find out about your flu vaccine options, or discuss your eligibility for a free flu vaccine, speak with your healthcare professional.



References: **1.** Australian Government Department of Health and Aged Care. Influenza (flu) vaccine. Available at <https://www.health.gov.au/topics/immunisation/vaccines/influenza-flu-vaccine>. Accessed December 2023. **2.** CDC. Vaccination Information Statement. Available at <https://www.cdc.gov/vaccines/hcp/vis/index.html>. Accessed December 2023. **3.** CDC. How flu spreads. Available at <https://www.cdc.gov/flu/about/disease/spread.htm>. Accessed December 2023. **4.** ISG. How Influenza is Spread? Available at <https://www.isg.org.au/index.php/about-influenza/how-influenza-is-spread/>. Accessed December 2023. **5.** WHO. Influenza (seasonal). Available at [https://www.who.int/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal)). Accessed December 2023. **6.** CDC. Influenza (Cold versus Flu). Available at <https://www.cdc.gov/flu/symptoms/coldflu.htm>. Accessed December 2023. **7.** Australian Department of Health and Aged Care. National Communicable Disease Surveillance Dashboard. Available at: <https://ninds.health.gov.au/pbi-dashboard/>. Accessed December 2023. **8.** The Australian Immunisation Handbook. 2023. Available at <https://immunisationhandbook.health.gov.au/contents/about-the-handbook>. Accessed December 2023. **9.** CDC. Flu & People 65 Years and Older. Available at <https://www.cdc.gov/flu/highrisk/65over.htm>. Accessed December 2023. **10.** WHO. Five simple steps to protect against flu. Available at <https://www.who.int/news-room/feature-stories/detail/five-simple-steps-to-protect-against-flu>. Accessed December 2023. **11.** NCIRS. Influenza vaccines – Frequently Asked Questions. Available at: https://ncirs.org.au/sites/default/files/2023-08/Influenza%20vaccines_Frequently%20Asked%20Questions_August%202023.pdf. Accessed December 2023.

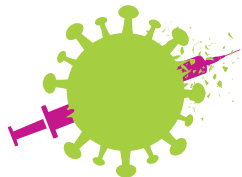
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Don't have time for the flu?



Talk to your healthcare professional about protecting yourself and which flu vaccine is right for you.



Anyone can catch the flu¹



Flu is caused by the influenza virus,¹ which changes all the time² and has many different strains.¹ Everyone is at risk of catching flu. It doesn't matter how fit and healthy you are, or your age.^{1,2}

Flu is highly contagious¹

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

People with flu can be infectious for over a week³

- **1 day** before symptoms develop
- And
- **Up to 5-7 days** after becoming sick

The flu virus can survive in the environment up to 8 hours or more.⁴



UP TO 5 MINS
on hands
after transfer from
other surfaces



UP TO 1 HOUR
in the air
in enclosed
environments



8+ HOURS
hard surfaces
such as stainless
steel and plastic

Flu symptoms are worse than a common cold^{1,5,6}

Flu symptoms are usually more intense than a cold⁶ and 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



ONE WEEK

TWO WEEKS +

Most flu symptoms last up to a week but coughing can continue for up to two weeks or more.⁵

Flu can be very serious²

While most people have fairly mild flu symptoms,¹ for some people, flu is a serious disease that can lead to hospitalisation and sometimes even death.² It can cause bronchitis, croup, pneumonia, ear infections, heart and other organ damage, brain inflammation and brain damage.¹

284,000 CASES
of flu were detected
in Australia in 2023.*⁷

~5,100 HOSPITALISATIONS*
are recorded in Australia
each year due to flu.⁸

*As of 20 December 2023



Individuals aged 65 years and older face a **heightened risk of severe flu complications** compared to young, healthy adults.⁹