



Kelvale Medical Group
53 Railway Ave Kelmscott
Phone: (08) 9495 1230
www.kelvale.com.au

What is the flu?

Influenza, known as “the flu”, is a common and highly contagious virus that affects your respiratory system. It is not the same as the common cold. The flu virus can cause a mild to serious illness and even death in young children, older adults and vulnerable people of all ages and is easily spread by coughing, sneezing, or touching contaminated surfaces and then touching your mouth or nose.

There are two basic types of flu – A and B – that cause illness in people. These are called the seasonal flu viruses as they emerge each year, mostly in the winter months.

Previous year flu vaccines have been trivalent, meaning it included three strains of influenza A. This year, the government has produced a quadrivalent vaccine which also contains Influenza B.

What is the difference between a cold and the flu?

Symptom	Influenza	Common Cold
Headache and aches and pains	Common May be less severe	Rare
Fatigue and weakness	Common Last days	Uncommon Usually mild
Runny/stuffy nose	Uncommon	Common
Sore throat	Uncommon	Common
Cough	Common Dry or moist	Common Moist



How the flu will affect you

- Severe headaches
- High fever
- Persistent cough
- Nausea
- Body aches from head to foot
- Lethargic
- Unable to part-take in family/work events for about two weeks as you will feel very ill and are highly infectious



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Who should be vaccinated against the flu?

Everyone is encouraged to get the flu vaccine. Flu can make existing medical conditions worse, and can cause pneumonia. Children who get influenza can also show other symptoms as well such as convulsions, vomiting and diarrhoea. The majority of childhood flu-related hospitalisations and deaths occur among children without underlying medical conditions.

Vaccination is strongly recommended for:

- Pregnant women
- Children
- The elderly
- People with certain health conditions such as heart or kidney disease, diabetes or a weakened immune system

Am I eligible for the Government subsidised (free) Flu Vaccine?

Under the Australian Government's National Immunisation Program the following groups can receive a free flu vaccine:

- Pregnant women
- Children aged 6 months to younger than 5 years
- People 65 and older
- Aboriginal Australians 15 and older
- People 6 months and older with medical conditions that put them at risk of severe flu, including:
 - Cardiac disease
 - Chronic respiratory conditions
 - Chronic illnesses that required regular medical attention or hospitalisation in the previous year
 - Chronic neurological conditions
 - Impaired immunity
 - Children aged 6 months to 10 years receiving long-term aspirin therapy

Is the Flu Vaccine safe?

The flu vaccine triggers an immune response that can protect you from becoming ill if you are exposed to the influenza virus. The flu vaccine cannot cause flu as it is made from the killed virus, not living viruses. All vaccines available in Australia must pass strict safety testing before being approved for use.



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When will the Flu Vaccine be available?

Kelvale will be running flu clinics daily from 18th April 2016. Please phone (08) 9495 1230 to ensure you do not miss out on this important preventative health measure.



What is the cost of having my Flu Vaccine?

- If you are eligible, the cost of the vaccine is provided free by the government. All consultations for the flu clinics are bulk billed
- If you are not eligible for a government vaccine, we still recommend you have the flu vaccine which Kelvale has in stock and can give to you for a cost of \$20.00 with a short consult being bulk billed

How can the flu be prevented?

The best way to prevent catching the flu is to have the flu vaccination.

Follow these tips to help avoid, or to stop yourself giving it to others:

- Cover your nose and mouth with a tissue when you cough or sneeze
- Throw used tissues in the bin
- Wash your hands often with soap and water or use antibacterial hand sanitisers, especially after you cough
- Try to avoid close contact with people who have flu symptoms.
- If you have the flu, stay home from work or school and limit your contact with other people



While you have the flu

- Stay home and follow the above precautions
- Rest as much as possible
- Maintain a high fluid intake
- Take Panadol in recommended dose to keep fever down and reduce aches and pains
- Obtain medical help if you experience difficulty in breathing or become confused and increasingly lethargic