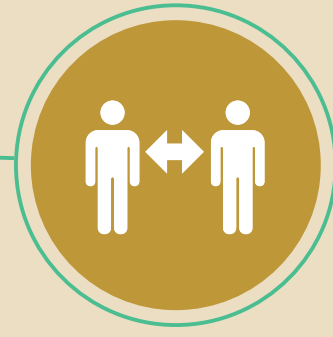


# Who has time for flu?



Up to **5 days off work**



Impacts daily activities and requires you to **stay away from other people** while unwell



The flu can be fatal. There are around 690 NZ deaths related to influenza each year.†

## Influenza is hard to avoid

The flu virus can survive in the environment for up to 8 hours



**Up to 1 hour**  
In the air in enclosed environments



**Up to 8 hours**  
On hard surfaces such as stainless steel and plastic



**Up to 5 mins**  
On hands after transfer from other surfaces

**STAY FLU FIT.** It doesn't matter how fit, healthy, or young you are – you're still at risk of catching flu. Getting your flu shot is one of the best ways to protect yourself and people around you, including those who are more vulnerable to serious flu complications, like babies

and young children, older people and people with certain chronic health conditions.

# Get immunised.

†Average deaths based off those reported for influenza and pneumonia in NZ between 2010-2017. The influenza vaccine is a Prescription Medicine. It is funded for some people. Talk to your doctor, nurse or pharmacist about the benefits and possible risks. Seqirus, Auckland. NZL-FLU-22-0001. TAPS PP8428 DA 2206ER. INSIGHT12092.