

How can you recognise the flu?

Flu symptoms may include a runny nose, sneezing, cough, sore throat, fever and chills, headache, body aches, vomiting and diarrhoea (which is more common in children).

Most flu symptoms can come on very suddenly and last up to a week but coughing can continue for up to two weeks or more.



**BODY
ACHES**



HEADACHE



**SORE
THROAT**



FEVER



FATIGUE



COUGH

Flu is **NOT** the same as a common cold, flu symptoms tend to be more serious

It is very difficult to distinguish between the symptoms of COVID-19, influenza, and a cold. If you're not sure, it may be best to stay at home or to talk with a health professional about what to do.

Flu facts

- Influenza is not just a bad cold – it can be serious and can be fatal
- Around 1.4 million kiwis get the flu vaccine each year
- Immunisation prepares your own immune system to fight flu
- It doesn't matter how fit, healthy, or young you are – you're still at risk of catching flu
- You cannot get influenza from the vaccine
- Influenza immunisation is FREE* for those most at risk

Get immunised

SCAN ME



*For eligibility criteria visit <https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/influenza/flu-influenza-vaccines>

The influenza vaccine is a Prescription Medicine. Talk to your doctor, nurse or pharmacist about the benefits and possible risks. Seqirus, Auckland. NZL-FLU-22-0018. TAPS NP18024. INSIGHT12194.

CSL Seqirus

STAY
FLU
FIT

Influenza can
be serious.
Get immunised.



It doesn't matter how
fit and healthy you are,
or your age – you're still
at risk of catching flu.

**For many people
the flu vaccine is FREE.***

Who is at risk from the flu?

Anyone is at risk from influenza, and immunisation is recommended as the best form of protection. Immunisation is FREE* for people who are more likely to get seriously sick, be hospitalised or even die if they catch influenza.

These are:

- Pregnant women (any time during pregnancy)
- People aged 65 years or older
- Māori or any Pacific ethnicity 55 years and over
- People with diabetes, most heart or lung conditions and some other conditions
- Children aged 4 years and under who have had a stay in hospital for measles, asthma or other breathing problems

For more detailed information, talk to your doctor, nurse or pharmacist.

Immunisation is your best protection

The influenza vaccine helps train your immune system to make antibodies to recognise and fight the influenza virus.

By activating your natural defences, it gives you a head-start when your body is exposed to real influenza virus. Remember, it takes 2–3 weeks to build immunity.

And by immunising against influenza, not only are you protecting yourself, but you are also reducing the risk of spreading it to vulnerable loved ones, such as a baby, an elderly relative, or someone with a medical condition.

Flu is highly contagious

Flu transmission happens when you breathe in droplets from sneezes and coughs of an infected person, or touch a contaminated surface then touch your mouth, eyes or nose.



A sneeze can travel 1-2 metres and a single sneeze droplet may contain 200,000,000 individual flu virus particles.

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



UP TO **5 MINS** >

on hands
after transfer from
other surface



UP TO **1 HOUR** >

in the air
in enclosed
environments



UP TO **8 HOURS**

on hard surfaces
after transfer from
other surfaces

Flu can spread before any symptoms show

You can pass it on to family or workmates before you know you're sick.

You can be infectious to others for up to 7 days



before symptoms develop



after becoming sick

Get immunised