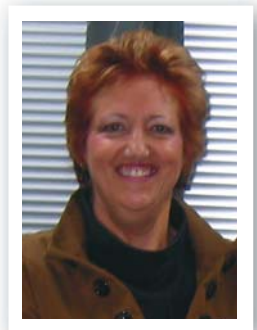


Enhancing the health and wellbeing in our community.



Contact for comments/information
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Defend yourself!
TAKE OUR WINTER HEALTH QUIZ NOW!

The common cold is the same as influenza – FALSE

A cold virus only affects the nose, throat and the upper chest and lasts for a few days. Symptoms include: mild fever, headache, cough, runny nose. Influenza is far more severe and can kill you. Symptoms include: sudden onset of high fever, headache, aching muscles, shivering and dry cough (which can become moist). Bed rest will be necessary and you may be quite ill for 7-10 days. If you have never had a virus this bad you will have no natural defences to influenza and are even more likely to get ill if you are exposed to it.

The influenza injection gives you flu – FALSE

The influenza vaccine cannot give you influenza as it does not contain any live viruses.

It contains inactive versions of the influenza virus that stimulate your immune system to create antibodies to protect you. The influenza injection is given just when common colds start to appear pre-Winter. People who are given a flu injection and co-incidentally get a cold a week later, blame the injection. Rather, it was the timing of the injection at the start of a season renowned for viruses.

Influenza only affects the elderly – FALSE

Viruses are not picky; they infect anyone, no matter what their health status. Influenza virus is easily picked up by us all either by breathing droplets in the air or by touching surfaces that an infected person has touched and not washing your own hands before passing the virus to your mouth. However, those with a lowered immune response – such as the elderly and those with other ongoing medical conditions – would suffer more severely if they contracted influenza.

Free vaccinations are available up until the end of June? – TRUE

If you are 65 and over, or have an ongoing medical condition such as asthma, diabetes etc, you may be entitled to free immunisation. Don't forget to see whether your children may be eligible too... the more people that are immunised, the less likely the chance of someone you love catching the virus.

You should get immunised against influenza every year – TRUE

The influenza virus is a rapidly changing agent that comes in cycles. The vaccine changes each year to cover those strains of the virus thought to be around for that year. Since 1997, the increased use of the influenza vaccine has reduced deaths by 70%. Research suggests that immunization against several strains of influenza increases your ability to ward off other strains of the virus.

EMPLOYERS

Do you value your staff?
If so, be a 'Kiwi Saver' of a different kind.
Find out about subsidising flu injections for your employees.
Can you afford for your staff to be ill?

Did you know?

11 people per 100,000 are hospitalised each year due to influenza.
People can die from influenza.

'Super Man Month' on now.

KEEP YOU MAN HEALTHY!
Find out how to participate...
see www.elocal.co.nz/events.html today.

Early preparation is your best defence.
At most, an influenza injection will cost you \$25-\$30.
Much cheaper than a week off work!

IMPROVE YOUR DEFENCE

Ask your doctor or nurse about influenza immunisation.

