



Flu vaccination info 2021



Since the start of last year, the world has been fixated on the COVID pandemic, but it is important we don't forget about influenza (the flu). Flu vaccination numbers were up in 2020, largely due to the threat of COVID and the community's awareness of infectious disease; however there are still some common myths out there.

- ▶ **Myth #1 - The flu vaccine will give you the flu**
There is no live virus in the flu vaccine, so there is no chance the vaccine can give you the flu.
- ▶ **Myth #2 - Only "high risk" people like the elderly should get the flu vaccine**
Anyone is at risk of getting the flu, it doesn't matter how old or how healthy you are.
- ▶ **Myth #3 - You don't need to be vaccinated every year**
The flu virus changes all the time, so the composition of the vaccine changes every year to offer protection for the latest strains.
- ▶ **Myth #4 - The flu isn't very common**
Each year around 10 per cent of the Australian community are affected by flu.
- ▶ **Myth #5 - The flu vaccine causes nasty side-effects**
Side effects are rare and if present, are mild and only last a day or two.
- ▶ **Myth #6 - The flu vaccine is not safe for pregnant women**
The flu vaccine is recommended with every pregnancy to protect both the mother and her unborn child.
- ▶ **Myth #7 - The flu is not serious; it's just like a bad cold**
Influenza is a contagious disease of the respiratory tract, and a potentially life threatening illness.
- ▶ **Myth #8 - The flu vaccine does not work**
Vaccination can prevent influenza in about 50– 60% of healthy adults under the age of 65.

- ▶ **Myth #9 - The flu vaccine is a waste of time**
The vaccine can be quickly and easily administered, whereas if you get the flu, it will affect your ability to work and play for weeks.
- ▶ **Myth #10 - Winter is nearly over, it's too late to get vaccinated**
There is no time when it is too late to be vaccinated against the flu. The vaccine lasts up to 12 months and peak activity can vary from season to season

Who should not have flu immunisation?



If you have concerns about your suitability for a flu shot, it is important to talk to your GP. Generally flu immunisation is not suitable if:

- ▶ You have had a serious allergic reaction to a previous flu shot
- ▶ Infants are under 6 months of age
- ▶ You have had Guillain-Barre syndrome
- ▶ You are severely allergic to chicken products including eggs and feathers
- ▶ You are feeling unwell on the day of your flu shot, you may need to reschedule.

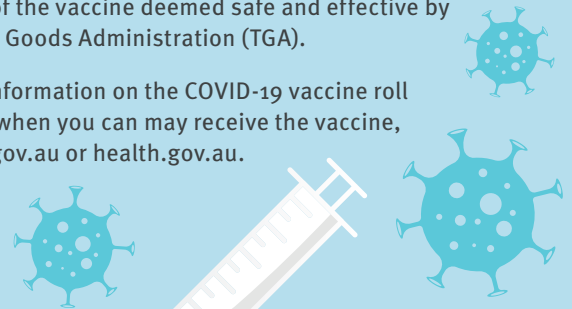


COVID-19 vaccines will be free for everyone in Australia, even if you are not an Australian citizen or permanent resident. This includes people without a Medicare card, overseas visitors, international students, migrant workers and asylum seekers.

Vaccination in Australia is voluntary, and you can choose if you want to get vaccinated against COVID-19. In the future, vaccination against COVID-19 might become a requirement for travel or for people working in certain high-risk workplaces like aged care. If this becomes the case, there will be exemptions in place for people who are unable to be vaccinated due to medical conditions.

Western Australia commenced vaccinations on 22 February, and are currently offering vaccines in phases due to the limited supply of the vaccine deemed safe and effective by the Therapeutic Goods Administration (TGA).

For up to date information on the COVID-19 vaccine roll out or to check when you can may receive the vaccine, visit rollup.wa.gov.au or health.gov.au.



Can I get the flu vaccine and COVID vaccine on the same day?

No – the recommended amount of time between the two vaccines is a minimum of 14 days. You can have your flu vaccine before or after your COVID vaccine, as long as you wait those 14 days.

When scheduling your vaccinations, the Australian Technical Advisory Group on Immunisation recommends:

- If you are in Phase 1a of the COVID vaccine, get it as soon as possible and then get the flu shot
- If you are in a later phase of the COVID vaccine rollout, get your flu shot as soon as it is available, then your COVID vaccine when possible

Salt & vinegar kale chips

Do you love salt and vinegar chips? Enjoy this healthy snack as a great substitute that is sure to handle the mid-afternoon craving.

Serves 2 / Prep – 5 mins / Cook – 25 mins

Ingredients

- ▶ 1 large bunch of kale – washed and dried
- ▶ 3 tbsp apple cider vinegar
- ▶ 6 tbsp olive oil
- ▶ 1 tsp salt

Method

- ▶ Preheat oven to 120°C.
- ▶ Line a large baking tray with baking paper. Set aside.
- ▶ Remove and discard the hard rib from the centre of each leaf.
- ▶ Chop the leaves into small bite size pieces.
- ▶ In a bowl place the kale, apple cider vinegar, olive oil and salt.
- ▶ With clean hands, mix in the kale for 1-2 minutes until leaves become soft and darkened.
- ▶ Spread the kale out in a single layer on the prepared baking tray.
- ▶ Bake for 25 minutes or until leaves are crisp.
- ▶ Cool completely before serving.



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