



COVID and Influenza – are you protected?

The temperature is dropping, COVID cases are rising, and the risk of flu infection in 2022 is higher than in recent years. From the start of the pandemic until now, Western Australia has had very little COVID. And due to our lockdowns, border restrictions, and ongoing hygiene measures, we have also had minimal flu cases.

Here are the national numbers:

Month	Flu cases 2019	Flu cases 2020	Flu cases 2021
May	30,372	231	75
June	57,842	224	73
July	70,151	190	52

*Source – Immunisation Coalition

However, 2022 seems different...interstate and international travel has returned, COVID restrictions have been eased, and flu numbers are on the rise. Australia recorded 409 flu cases in March 2022, which is nearly equivalent to all flu cases in 2021 – 598.

These increasing numbers in both flu and COVID, open up the rare occurrence of dual infection – dubbed “Flurona”. Recently, a study of more than 200,000 people in the UK found patients with COVID and flu had twice the risk of dying than people infected with the COVID virus alone, echoing conclusions drawn by previous studies. This makes vaccination against either flu or COVID extremely important to improve your health outcomes if either virus infects you.

Why are we more vulnerable in 2022, than other years?

We are vulnerable simply because we have had so few flu infections in 2020 and 2021. With a fraction of the usual flu infections, there are not many people today who have the immunity generated from catching the virus. Now, with borders open and quarantine rules relaxed, it is inevitable that flu will spread.



Stay protected against the flu!

Who?

- ▶ In Australia, anyone over 6 months of age is encouraged to get the annual flu vaccination.

When?

- ▶ To gain protection for the Australian flu peak, which is usually August/September, get your flu jab as soon as possible. Flu vaccinations provide solid protection for 4 - 6 months.

How?

- ▶ LGIS assists our members to provide onsite flu vaccinations across WA, however if this is not available to you, flu vaccinations are available at most pharmacies, vaccination centres, and medical practices. Visit WA Health Department website to see if you are eligible for a free vaccination.

Did you know?

- ▶ You can now receive your flu and COVID vaccination at the same time. Evidence over the last year shows minimal side effects from COVID vaccinations, and people are encouraged to get both at the same time, where possible.



Reap the rewards of volunteering in May



National Volunteer Week is 17 to 23 May 2022.

'It's better to give, than receive.' You may have heard this saying before, but did you know that it's backed up by research? People who are kind and compassionate see clear benefits to their wellbeing and happiness. They may even live longer.

What do we mean by kindness? Kindness, or 'doing good', often means putting other people's needs before our own. It could be by giving up a seat on a bus, making a cup of tea for someone, checking on an elderly neighbour, or volunteering.

Volunteering has a lot of benefits. It can bring meaning and purpose to your life, while increasing self-esteem and wellbeing. Volunteering can also relieve stress, and alleviate symptoms of depression. As well as having a positive impact on your community, volunteering can also improve your relationships.

To find the right volunteer opportunity for you check out www.volunteeringaustralia.org or www.volunteeringwa.org.au.

Simple coconut cake

This coconut cake is great as a quick, simple and tasty dessert option to go with your cup of tea in the evening.

Prep – 10 minutes / Cook – 30 mins

Ingredients

- ▶ 1 tbsp soft unsalted butter (for greasing)
- ▶ 4 large eggs
- ▶ 270ml canned coconut milk
- ▶ 1 ½ tsp stevia (equals ½ cup of sugar)
- ▶ 1 tsp pure coconut extract
- ▶ 1 cup shredded coconut
- ▶ ½ cup coconut flour
- ▶ 2 tsp baking powder

Method

- ▶ Preheat your oven to 165°C. Grease a 9-inch glass or ceramic pie dish with butter.
- ▶ Add all remaining ingredients together and mix until smooth. Use a food processor, hand mixer, stand mixer, or thermomix. Process until smooth, approximately 30-60 seconds.
- ▶ Pour the batter into the prepared pie dish, using a spatula to smooth the top.
- ▶ Bake the cake until a toothpick inserted in its centre comes out clean, about 30 minutes.
- ▶ Cool the cake for 15 minutes in the pan on a cooling rack. Once cooled, slice it into eight portions and serve.
- ▶ Serve with natural yoghurt and light dusting of icing sugar! Enjoy!



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The LGIS WorkCare Services team are specialist health and wellbeing professionals.

Contact the team on 9483 8888 for more information on our health and wellbeing services.