

2022 Influenza Vaccination Information & Frequently Asked Questions

We ask that you read the following information prior to consenting and receiving the 2022 Influenza Vaccine.

Should you have any queries or concerns regarding this vaccine, please ask our vaccinator prior to receiving the immunisation or contact our practice on 3286 1122 and speak with one of our experienced nurses.

What is immunisation?

Immunisation uses the body's natural defence mechanism – the immune system – to build resistance to an infection. The vaccine contains inactive particles of the virus that are used to stimulate your body's own immune response without causing you to actually contract the virus itself.

What is Influenza?

The 'Flu' is a highly contagious viral illness caused by the Influenza virus, it much more severe than the common cold. Symptoms include: rapid onset of fever, muscle aches, joint pains, headache, sore throat and cough. Influenza can last up to 14 days and sometimes can be followed by a secondary illness e.g. pneumonia. Peak infection period is traditionally during winter. Majority of cases can be prevented by annual influenza immunisation.

A patient with true influenza is often so unwell that they are confined to rest in bed. It can last up to 14 days and can be complicated by a range of problems, including pneumonia, and even death especially in high-risk individuals e.g. the elderly, those with chronic illnesses or impaired immune systems. A flu outbreak occurs most years, but every 10 years or so, a major Influenza Pandemic occurs, during which larger numbers of the population are infected.

Can I get the Flu from the Flu vaccination?

No. The vaccine contains only inactivated viral particles (a virus that has been concentrated, killed, then broken apart) and is therefore incapable of causing Influenza infection. People who develop a runny nose or sore throat after vaccination have usually coincidentally developed another viral illness.

How effective is the Influenza vaccine?

Influenza vaccination prevents up to 70% of cases of Influenza infection in healthy adults. Even if the virus 'gets through' the vaccine, the illness is usually milder and of shorter duration in those who are vaccinated.

How often is Flu vaccination required?

It is currently recommend that you are vaccinated once annually.

How long does it take for me to be protected and how long does my protection last?

You will form natural antibodies to fight the Flu around 3 –14 days after receiving your immunisation. Your antibodies will peak at around 4-6 weeks – this is when you are optimally protected. Your antibodies will gradually reduce, but you will remain protected for around 1 year.

Why do I need to be vaccinated every year?

The prevalent Influenza virus strains change each year through a process called antigenic drift. Therefore, the vaccine constituents are changed accordingly. The World Health Organization predicts the 4 strains that will be most prevalent, and the vaccine manufacturers then formulate their vaccines to cover these 4 strains.

Do I really need to be vaccinated this year as there was very few cases of Flu around in 2021?

In 2021 we saw a dramatic drop in the number of Influenza cases in the community, it is believed that this was partly due to the International borders being closed and partly due the outstanding hygiene habits that have been front and centre of everyone's minds during the COVID-19 pandemic. Given that the international and domestic borders have reopened it is predicted that we will see a dramatic increase in the number of Influenza cases this year. Combined with the continuing COVID-19 cases within the community and expected Influenza cases it is even more important to have your 2022 flu vaccine.

What strains does the 2022 vaccine protect me against?

The 2022 Quadrivalent Influenza Vaccine (QIV) protects against the 4 mostly likely flu strains to circulate in the Southern Hemisphere in 2021:

- An A/Victoria/2570/2019 (H1N1)pdm09-like virus;
- An A/Darwin/9/2021 (H3N2)-like virus;
- A B/Austria/1359417/2021-like (B/Victoria lineage) virus
- A B/Phuket/3073/2013-like (B/Yamagata lineage) virus

- **Will the vaccine protect me against Coronavirus (COVID-19)?**

The seasonal influenza vaccine will not protect you against COVID-19.

Can I have Flu Vaccine and COVID vaccine on the same day?

The Australian Technical Advisory Group for Immunisation (ATAGI) recently approved the co-administration of the seasonal Influenza vaccine and COVID-19 vaccine on the same day.

Who should not be given the vaccine?

Being a highly purified, inactivated vaccine, there are very few contraindications to Influenza vaccination.

Contraindications include:

- × Anyone with a known allergy to the antibiotics - gentamicin, neomycin or polymyxin
- × Anyone with a known allergy to other components of the vaccine: polysorbate 80, octoxinol 9 and formaldehyde.
- × Anyone with a severe allergy to eggs or chicken feathers (people who develop swelling the tongue, lips or develop respiratory distress or collapse when exposed to the above)
- × Anyone with a high fever at the time of immunisation
- × Anyone who has a medical history of Gullain-Barre Syndrome (severe nerve disorder)
- × Anyone who has had COVID vaccine in the previous 14 days or plans to have the COVID vaccine in the next 14 days.

I am under 18. Can I still have the vaccination at a workplace Flu vaccination clinic?

Due to the approval profile of the some Flu Vaccines this year all participants in workplace vaccination programs who are under 18 should notify the person organising the vaccines at their workplace.

I have a Cold or have already had the Flu this year. Can I still have a flu vaccination?

Usually we only delay the vaccination if your temperature is high e.g. over 38.5 degrees Celsius. With a temperature this high, you would usually be too unwell to be at work. If you have a mild Cold, and do not have a high temperature you can have the vaccination. Even if you have already had the flu this year, you will still benefit from the vaccine as it will protect you against other Influenza strains. Medications

Potential Side Effects

What are the possible side-effects of Flu Vaccine?

Possible redness, soreness, itching, bruising or mild swelling at the injection site. This usually resolves within 1-2 days. Sometimes a tender lump under the arm appears (a lymph node) that may be present for several days. Occasionally a hard lump may develop at the injection site. This may persist for a week or more. It does not require treatment. Occasionally people develop a mild fever within 1 –2 days of the vaccination and occasionally muscle aches, headache, tiredness or a general feeling of being unwell. These symptoms are likely not attributable to the flu vaccine, and more likely attributable to an existing viral infection.

What can I do to treat the side-effects?

Fever and pain can be treated with Paracetamol, taken as directed on the packet.

Are there any more serious side-effects?

There have been inconclusive reports of serious neurological disorders in people who have previously suffered from the severe nervous system disorder ‘Guillain Barre Syndrome’. Those who have had Guillain Barre Syndrome should speak to their GP.

Does the vaccine reduce my natural immunity?

No. Vaccination does not reduce your natural immunity to infections - in fact, it boosts the impact of your own natural immunity.

Allergies

I am allergic to penicillin or sulpha antibiotics. Can I still have a Flu vaccination?

Yes, the vaccine does not contain any penicillin or sulpha antibiotics so it is safe to have the vaccine even if you are allergic to these antibiotics.

I am allergic to eggs. Can I still have a flu vaccination?

If you have egg allergy and have previously had a flu vaccination without an allergic reaction, you may receive the vaccination. However, if you have not previously had a vaccination with an egg-based vaccine (influenza, measles mumps-rubella, or yellow fever vaccine), we recommend you discuss this with your GP.

Other Frequently Asked Questions

When should vaccination be carried out?

Vaccination is best carried out during March-May each year, before the onset of the peak season for flu (July – September).

What if I am pregnant or am breastfeeding?

Influenza vaccine may be administered during all stages of pregnancy, including during the first trimester. The medical profession and governments worldwide have identified pregnant women as a high priority group for receiving an influenza vaccination

How long after the vaccination should I avoid drinking alcohol?

It is considered sensible to avoid alcohol for several hours after having the flu vaccination, but this is not an absolute rule. If you feel that you must drink alcohol, you should drink in moderation.

How long do I have to wait before I can donate blood?

You can donate blood immediately after you have a flu vaccination. You can also have the flu vaccination immediately after you donate blood.

When can I drive after having the vaccination?

It is fine to drive a motor vehicle (or handle heavy machinery) after the flu vaccination if: (a) It has been more than 15 minutes since you had the flu vaccination (b) You feel well and able to do so

When can I exercise after having the vaccine?

It is fine to exercise after having the vaccine if: (a) It has been more than 15 minutes since you had the flu vaccination (b) You feel well and able to do so (c) You are not at risk of developing a haematoma (e.g. on anticoagulants/blood thinning medication)

How do I know what vaccine I have been given?

Our team of vaccinators will supply you with some Post Immunisation Information following the administration of the vaccine. Within 48 business hours your immunisation information will be uploaded onto the Australian Immunisation Register (AIR). You will be able to access this information and proof of vaccination through your MyGov account (as you do with your COVID-19 vaccination certificate).

I need proof of my flu vaccination so I can visit an Aged Care Facility, how can I get this?

Within 48 business hours your immunisation information will be uploaded onto the Australian Immunisation Register (AIR). You will be able to access this information and proof of vaccination through your MyGov account (as you do with your COVID-19 vaccination certificate).

What do I do if I need to contact the vaccinator following my vaccination?

Our vaccinator and other health professionals associated with our practice can be contacted during office hours on 3286 1122.

Who are you?

We are Pivotal Health and are a GP practice located in central Cleveland. We offer a comprehensive range of general practice services including onsite season influenza vaccination. We have a team of 7 GPs and 2 nurses at our practice and offer a very professional and personalised service to all of our patients. Looking for a new GP we are currently taking new patients. For more information about our practice, please visit our website www.pivotalhealth.com.au

If you have any queries or concerns, please call one of our Practice Nurses on 3286 1122.

