

# Flu Vaccinations Fact Sheet

## What is the flu?

Influenza (commonly known as the flu) is caused by a virus which spreads easily from person to person through breathing, coughing and sneezing. The virus can also be spread when people touch other people and objects (such as door handles) carrying the virus.

The flu differs from a cold as symptoms such as fever, sore throat and muscle aches develop suddenly and typically last for a week. In some cases, severe illness and complications such as pneumonia and bronchitis can develop resulting in hospitalisation and/or death.

## How long does it last?

The flu lasts on average from three to five days and can be followed by fatigue for 2-3 weeks. In addition to this, people infected with the flu virus are able to infect others from one day before getting sick to about 5-7 days after getting sick. This means that staff may pass on the flu to someone else before they know they are sick.



## When to get a flu vaccination?

As the flu virus is constantly changing, it is necessary to get vaccinated every year. Vaccination is best carried out in autumn, to allow time for immunity to develop before the flu season starts. The vaccination takes up to 2 weeks to be effective and lasts for up to a year.

The flu vaccine does not contain any live virus, therefore you cannot get the flu from receiving the vaccine.

## Does it work?

Clinical trials have shown that the influenza vaccination is very effective in protecting against the severe consequences of infection. In healthy adults the vaccine has been shown to be 70-90% effective in protecting against infection.

## Important facts to consider

- An estimated 3500 Australians die each year from influenza and its complications
- Flu vaccinations are the single most effective action in helping fight the spread of flu
- People who get the flu shot each year are better protected against flu than those who do not get vaccinated
- Independent studies of flu vaccinations show a return on investment of around \$2.50 per dollar invested
- Absenteeism due to influenza costs Australian businesses more than \$2 billion per year



## The Healthworks Solution

Workplace flu vaccinations are a cost-effective solution to help protect your valuable human resources all year round. Vaccinations pay for themselves by saving companies from high absenteeism, replacement and overtime costs and lost productivity.

Healthworks is committed to providing our clients with best-practice on-site flu vaccinations and all flu vaccinations are administered by qualified nursing professionals. Our customised on-line booking system gives you the tools to get the job done without any administrative headaches.

Our experience in delivering flu vaccinations across Australia will ensure peace of mind for your company and protect your staff with the latest vaccine specifically formulated against the new strains of influenza most likely to cause outbreaks for that season.

### Benefits of a healthier workforce

- Reduced absenteeism – unhealthy workers take much more sick leave than their healthier colleagues
- Higher productivity – your companies qualified staff are much more productive than new untrained staff
- Enhanced reputation – helps employers attract and retain the best possible staff and makes them an employer of choice

### Our points of difference

- National coverage – over 10 years' experience delivering to corporations and government groups with nurses in all capital cities and most regional centres
- Experienced nursing staff – vaccinations are delivered by accredited Division 1 registered nurses
- Time saving on-line tools – customised web link to our online booking system provided through a SSL secure web-site that provides email and SMS reminders 7 days prior and the morning of the vaccination. A paper equivalent is available for staff without internet access.
- Wait in-line for vaccination of 2 minutes - this ensures minimum staff downtime and disruption to your employee's workday
- Allows for no shows without charge – your organisation is charged only for the staff who do receive their vaccination on the day, not the amount that was originally booked. A comprehensive report on your immunization program will also be sent to you
- Promotional support – maximises participation levels with customised promotional material such as posters, Q & A brochures and email tips

### Healthworks Value-Adds

- A dedicated relationship manager
- Winter Wellness quiz and chance to win 1 of 10 Gold Class double passes
- Jelly-beans on the day of vaccination
- Staff feedback survey and iPod give away
- Rigorous privacy policy with consent cards stored in a secure off site location
- Purpose built vaccine refrigerators that maintain vaccines within the more stringent range of 4-6 degrees
- Public liability and professional indemnity insurance
- Licenses required to operate in all Australian states and territories

### Additional Resources

Healthworks offer a complete range of products and services designed to educate staff on winter wellness to prevent the spread of influenza in the workplace, so even staff who opt out of flu vaccinations can take advantage of your company's health initiative. We can provide your company with:

- Winter wellness booklets, brochures and posters
- Winter wellness packs with items to help prevent the spread of colds and flus
- Winter wellness seminars – available on-line or on-site at your workplace

As your partner in health and wellness, it is our priority to make planning, promoting and evaluating your company's flu vaccination program as beneficial and stress-free as possible.

Call us today to find out how Healthworks can help minimise your company's Winter Blues!

Phone 1300 90 10 90 or visit [www.healthworks.com.au](http://www.healthworks.com.au)

