

2020 Caregiver Influenza Vaccination

All caregivers are strongly encouraged to have the influenza (flu) vaccine. By maintaining a level of immunity in caregivers the risk of influenza transmission is minimised. The Department of Health advise that the influenza vaccine is recommended for pregnant women and can be given at any stage during pregnancy.

For the 2020 Influenza season, the vaccines available include:

- A quadrivalent influenza vaccine for people aged under 65 years
- A higher-immunogenicity quadrivalent vaccine for those aged 65 years and over

Composition of the influenza virus vaccine in 2020

- A (H1N1): an A/Brisbane/02/2018 (H1N1) pdm09-like virus
- A (H3N2): an A/south Australia/34/2019 (H3N2)-like virus
- B: a B/Washington/02/2019-like virus (B/Victoria lineage) virus
- B: a B/Phuket/3073/2013-like virus (B/Yamagata lineage) virus

The most effective way to prevent influenza is through vaccination

Did you know?

- The vaccine does not contain any live viruses and cannot give you influenza
- Influenza is highly contagious and can spread easily from person to person
- Influenza is more severe than the common cold. Influenza can cause serious illness and in some cases can lead to hospitalisation and death
- Unlike the common cold, it may take several weeks to fully recover from influenza
- Due to close contact with patients, caregivers have a higher chance of contracting influenza
- Caregivers can transmit influenza to vulnerable patients who are at increased risk of complications from influenza infection
- You can be a carrier of influenza AND infectious before you develop any symptoms
- Annual influenza vaccination is recommended as the components of the vaccine change in response to the circulating strains
- Side effects to the vaccine are generally mild and short lived. The most common side effect is redness and/or swelling at the injection site. Less common side effects can include headache, mild fever and sore muscles
- Severe adverse effects such as hives and anaphylactic reactions are extremely rare

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