

Flu Vaccination Information

OK Health Services Ltd

1st Floor
8 Fitzherbert Street
Petone

PO Box 38 187
Wellington Mail Centre
Lower Hutt 5045

Phone 0800 OK HEALTH
Fax (04) 568 0090

enquiries@okhealth.co.nz
www.okhealth.co.nz

Will I be protected from the 'flu, and how long does it take to begin working?

The influenza vaccination protects against the three strains of the 'flu most likely to be around this coming winter. It gives you 70-90% protection. You won't be protected from the common cold. It takes about two weeks for immunity to develop, so if you have already been infected with the virus before you have produced antibodies you may still get the 'flu.

What are the strains for 2013?

- A/California/7/2009 (H1N1)pdm09-like virus
- A/Victoria/361/2011 (H3N2)-like virus
- B/Wisconsin/1/2010-like virus

I had a 'flu injection last year, why do I need another one?

Each year's injection is only effective for 6 months to a year. The influenza virus also changes each year, so last year's vaccine will not protect you from this year's strains of the virus.

Can I catch the 'flu from the vaccine?

The vaccine cannot give you the 'flu' as it contains no live viruses. The vaccine contains no blood products.

I heard I can get it for free from my GP, is this right?

Some people are eligible for a free vaccination through their GP if you are over 65, have a chronic illness or meet other criteria. For a complete list on who is eligible for free vaccinations at their GP clinic, please contact Ministry of Health or your GP.

Are there side effects?

Reactions to the vaccine are rare. A small number of people may get some redness or swelling at the site of the injection, or feel slightly unwell or feverish for a day or two. You can put an icepack on the injection site if it's sore and take Paracetamol. In very rare instances there maybe a severe allergic reaction to the vaccine and the nurses will have with them emergency equipment. You will have to wait for 20 minutes after we give the injection. If you feel that you have had an adverse reaction to the vaccine, please contact OK Health Services Ltd or your doctor.

Who we will advise to see a GP for their vaccinations

- Pregnant or breast feeding women
- Those with allergies to eggs or egg products
- If you have known allergies to neomycin, polymyxim and Gentamicin
- Those who have had a previous reaction to the influenza vaccine or other vaccines
- Anyone who has, or has had, Guillian-Barré Syndrome

Time Required

Following your vaccination you must wait in the designated area for 20 minutes. You can bring work or reading material to do while you are waiting.