

AFTER YOUR INFLUENZA IMMUNISATION

You need to wait at the clinic or surgery for 20 minutes after a vaccine is given. This is to make sure treatment is at hand if a rare severe allergic reaction occurs.

Common reactions	What to do
Soreness and/or redness at the site of injection	Cold compress - An ice pack wrapped well in a dry cloth or better still a cool cloth, can be held over the injection site
Less common reactions	What to do
Feeling unwell or tired	Rest and drink plenty of fluids
A mild fever or aching muscles	If you feel uncomfortable consider taking paracetamol*

*When taking Paracetamol follow the manufacturer's instructions or seek advice from your doctor.

Vaccines protect most people who receive them however remember, it takes around two weeks for your body to start developing protection against influenza. If you are exposed to the influenza virus before or soon after vaccination you can still get influenza. Additionally, the influenza vaccine protects you against a potentially serious viral illness. It does not protect you against the common cold or other viruses that are not included in the vaccine you have been given.



FOR MORE INFORMATION:

0800 466 863
TXT FLU TO 515
WWW.FIGHTFLU.CO.NZ

NISG
*National Influenza
Strategy Group*

The influenza vaccine is a prescription medicine. Talk to your doctor or nurse about the benefits and possible risks. TAPS PP7860