

## Information for Consumers on Influenza Vaccination

### Immunisation

Immunisation uses the body's natural defense mechanism to build resistance to infection. Influenza vaccine contains inactive particles that stimulate the immune system.

### Safety of the vaccine

Influenza vaccine meets Australia's Therapeutic Goods Administration requirements and has been available for 50 years.

### Time taken for vaccination to be effective

The body creates antibodies between 3 and 14 days after the vaccination.

### Adverse effects of influenza vaccine

The vaccination site may become red or sore. There may also be itching, bruising or mild swelling. All these signs usually clear in 1-2 days. The lymph gland under the arm may swell which can last for several days.

Some people experience a mild fever, muscle aches or headache, all of which usually resolve within 2 days. If you have concerns, please contact your general practitioner.

### Time between influenza vaccinations

Protection remains for about one year. Often there are different strains each year so annual vaccinations are necessary for continued protection.

### Other more serious adverse effects

Some people experience fainting. If you have had Guillian-Barré syndrome there may be some neurological symptoms. If either of these has been a problem in the past, please inform your pharmacist. Very few people have had an anaphylactic reaction after vaccination.

### Consumers who should NOT have influenza vaccine

If there is:

- A known allergic reaction to an influenza vaccine in the past

### After Care

It is recommended that the consumer stay close by for 15 mins to ensure safety.

### Questions

If there are any questions please ask your pharmacist.