

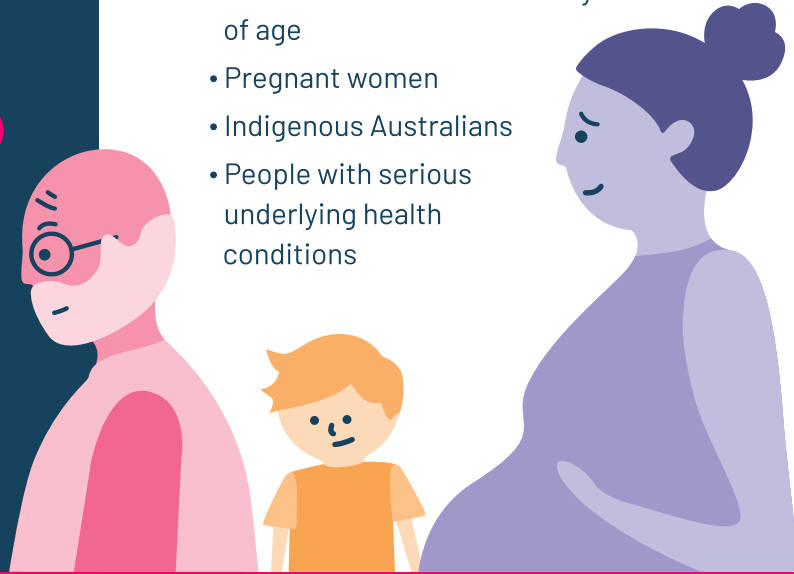
Flu and you

According to the World Health Organization, there are around **a billion** cases of seasonal influenza annually, including **3 to 5 million cases** of severe illness. Flu causes **290,000 to 650,000** respiratory deaths annually.

At-risk groups

Vaccination each year is the best way to prevent the flu and is especially important for those at high-risk of flu complications like:

- Those aged 65 years and over
- Children from 6 months to 4 years of age
- Pregnant women
- Indigenous Australians
- People with serious underlying health conditions



Prevention

Good hand hygiene, social distancing and use of face masks have all shown to be effective at slowing the spread of viruses. However, getting the flu vaccine each year is the best way to prevent the flu.



Yearly Vaccination

Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season. Your protection from a flu vaccine declines over time. That is why vaccination each year is the best way to protect against flu-associated hospitalisations and deaths.



Treatment

Most people will get better from the flu by themselves within 7 to 10 days and without any medical assistance. Make sure to rest, drink plenty of water and other non-alcoholic fluids to prevent dehydration. However, those at risk or with pre-existing medical conditions should contact their doctor, because the flu can be serious for you and you may benefit from early antiviral medication.



In Australia, seasonal flu of varying severity occurs every year, usually between

April to October, peaking in June.



Find out more at www.hudson.org.au