

# 2018 Influenza Fact Sheet

## Hyde Park Medical Centre

### QUADRIVALENT FLU VACCINE

- A (H1N1): An A/Michigan/45/2015 (H1N1) pdm09-like virus
- A (H3N2): An A/Singapore/INFIMH – 16-0019/2016 (H3N2)-like virus
- B: A B/Phuket/3073/2013-like virus
- B: A B/Brisbane/60/2008-like virus

#### Clinical symptoms:

	<b>Adults</b>
<b>Symptoms</b>	<ul style="list-style-type: none"> <li>*Fever and chills</li> <li>*Headache/ dizziness</li> <li>*Extreme fatigue</li> <li>*Muscle aches</li> <li>*Dry cough</li> <li>*Loss of appetite</li> <li>*Sore throat (less common)</li> <li>*Runny nose (less common)</li> </ul>
<b>Complications</b>	<ul style="list-style-type: none"> <li>*Bacterial pneumonia</li> <li>*Bronchitis</li> <li>*Sinusitis</li> <li>*Dehydration</li> <li>*Heart and brain inflammation (rare)</li> </ul>

	<b>Children may also experience</b>
<b>Symptoms</b>	<ul style="list-style-type: none"> <li>*Nausea</li> <li>*Vomiting</li> <li>*Diarrhoea</li> </ul>
<b>Complications</b>	<ul style="list-style-type: none"> <li>*Bacterial pneumonia</li> <li>*Otitis media- ear infection</li> <li>*Worsening of chronic medical conditions</li> <li>*Febrile convulsions</li> </ul>

Fever typically lasts for 3-4 days.  
Cough and malaise can last up to 2 weeks.

**Infectious period:** Adults are infectious for up to 6 days.  
Children are infectious for up to 7–10 days.  
Transmission is by respiratory droplet spread: coughing, sneezing and direct contact.

**Prevention:** *Flu Vaccine is available every year in March. It covers Influenza A and B.*  
The Government subsidies for patients: 65yo and above.  
Aboriginal and Torres Strait Islander >>15yo. Recommended for anyone older than 6 months old with conditions predisposing to severe influenza.  
E.g.: Diabetes, asthma, heart disease, smokers with lung disease.  
Healthcare workers.  
Pregnant women

**Corporate:** Data collected by vaccine companies shows a reduction in employee absentee days resulting from influenza. This can improve staffing and avoid financial strain over the winter Flu season.



#### Contraindications:

If you have a severe allergy to egg proteins and suffer anaphylaxis, lip and tongue swelling, breathing difficulty or collapse in response to these proteins, seek medical advice regarding this vaccine.  
If you're already ill with a fever (temperatures above 37.5deg), or have previously suffered from Guillain-Barre syndrome (GBS), you should discuss vaccination with your doctor.

#### Adverse Effects of Vaccine:

Localised swelling, pain, redness and induration may occur. Fevers, tiredness and muscle aches can occur in 1-10% of patients lasting 1-2 days. Some patients may experience allergic reactions, usually related to latent egg protein allergies.

**Treatment:** Rest, drink plenty of fluids and take medications for pain and fevers.

See your Doctor regarding antiviral treatment e.g.: Tamiflu. These should be given within the first 48hrs- the earlier the better. Doctors can also monitor for complications like pneumonia.

*Disclaimer:* This article is written for information purpose only. It does not substitute a consultation. If you are unwell, please seek medical attention.