

Common questions

How long before the vaccination works?

The vaccine takes approximately 10 to 14 days to become effective. If you come in contact with the flu virus during this time, you may not be protected. Therefore, vaccinating early before the virus becomes prevalent, is very important.

Are there any side effects from the vaccine?

Occasionally you may experience redness and tenderness around the injection site within 24-48 hours. Very rarely, an allergic reaction can occur. We ask you to wait for 20 minutes after your vaccination, to ensure all is well.

How long am I protected for?

Protection lasts the duration of one influenza season and up to one year.

Who can have the influenza vaccine?

Most people are able to have the flu vaccination. However, we would like to chat to you if you are pregnant, have an allergy to eggs or problems with your immune system.

Will the influenza vaccine protect me against the common cold?

NO. The vaccine will only provide protection against the strains of influenza present in the vaccine.

Is the flu vaccine the same as what I would receive if I went to my GP?

YES. The vaccine is exactly the same as the one you would receive from your local Medical Centre.

For more information visit www.maxwellhealth.co.nz

About Us

Maxwell Health was started in 1999 by registered nurse Jo Maxwell.



It all started when over 50% of her husband's work became horribly ill with 'the flu'. "You guys should have had your flu shots"- was Jo's first comment, and that's how it all started.

As a nurse herself, Jo went out and about vaccinating on her own for years, before slowly employing a team of amazing nurses as the business grew. Now behind the desk, Jo continues to manage the day to day operations of the nursing team.

Our nurses are all specially certified to maintain the highest standards of vaccine delivery for you. We come to you with a friendly manner and the respect and empathy Jo herself expects.

"I found Maxwell Health's flu nurse to be very professional and caring. I was a little anxious, but I'm glad I took the time to talk to the nurse as she made me feel at ease and the vaccination was less painful than I anticipated."

Rose Ross

100% Satisfaction Guarantee

If any of those vaccinated are clinically diagnosed as having the Influenza virus during the winter, we will refund the cost of the vaccine for that person.*

*Conditions apply

PH 0800 376 600

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www.maxwellhealth.co.nz

Information throughout this pamphlet has been sourced from the Immunisation Advisory Centre, Ministry of Health and the National Influenza Strategy Group.

Workplace Flu Vaccinations



What you
need to know

TO MAKE AN INFORMED CHOICE

Immunisation is your best defence against influenza. Even fit and healthy people should consider getting the flu jab to protect themselves.

Ministry of Health, NZ

Choose to protect yourself

and your family's health this winter

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What is influenza - 'the flu'?

Influenza is more than just a 'bad cold'. Although some of the symptoms are the same, they are usually a lot more severe. Symptoms of influenza include a cough, headache, fever or chills, body aches and pains, fatigue and generally feeling miserable.

Influenza, commonly called 'the flu', can be a serious illness that is sometimes fatal.

Even if you do not end up in hospital, influenza can keep you in bed for a week or more, preventing you from doing work, sport or just about anything that requires leaving the house.

The flu spreads from person to person. The influenza virus is transferred in droplets of moisture expelled through breathing, coughing and sneezing. The virus is spread when a person touches any droplets which contain the influenza virus and then touch their mouth, nose or eyes before washing their hands.

Influenza can affect anyone, no matter how fit, active and healthy they may be, healthy people can still become seriously ill and even die.

Why vaccinate?

Your immunity develops when you are exposed to a particular strain of virus through vaccination. The flu vaccination prepares your immune system to help fight the live flu virus expected to be circulating every year.

Seasonal influenza vaccinations are recognised as being the single most effective way of reducing the impact of seasonal influenza.



Why should you have your flu shot this year?

- To protect your family and colleagues
- Prevention is better than cure
- Reduces the spread of 'the flu'
- It's easy – only one visit per year
- 90% effective

The flu is just a bad cold, right?

No. **The flu is different from a cold.** It can be deadly. The flu is serious!

The flu vaccination can give me the flu.

No. The flu vaccine prepares your immune system to fight the flu. The vaccine itself contains no live viruses.

I'm too fit and healthy to get the flu.

Flu can attack **anybody at anytime.** It attacks your immune system & doesn't care if you are fit or healthy!

Immunisation is your best defence against influenza.

Sign up today!

It's just three easy steps

To fight the flu

- 1 Register with your co-ordinator or put your name on the sign up poster
- 2 Our nurse gives you the vaccination as an injection in your arm
- 3 Sit back for 20 minutes with your after immunisation leaflet and enjoy a lollipop.



Then return to work and *enjoy a healthy winter season*

knowing you are protected against the flu.

Around one in four New Zealanders are infected with influenza each year.

Many people won't feel sick at all, but can still pass it on to others.

Influenza can be anywhere.



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