

# North Road Medical

Caring medicine to the whole family



The Government flu vaccine will be available from early April 2016

## FLU SEASON 2016

Influenza, commonly known as the flu, is caused by a highly contagious virus spread by coughs and sneezes. Every year it causes illnesses in the community. Last year a record of 90,000 flu cases reported in Australia.

### Influenza Symptoms

Symptoms usually occur one to three days after infection and include sudden onset of: fevers, chills, cough, sore throat, headache, muscle aches, severe tiredness, loss of appetite

### Influenza Vaccine

The influenza vaccine for the Australian 2016 influenza season, the **quadrivalent** vaccine ( 4 strains), contains the following four virus strains:

A (H1N1): an A/California/7/2009 (H1N1) - like virus

A (H3N2): an A/Hong Kong/4801/2014 (H3N2) like virus

B: a B/Brisbane/60/2008 like virus

B/Phuket/3073/2013 like virus.

The health department recommends **quadrivalent** in preference to trivalent. However trivalent is acceptable if quadrivalent is not available.

For those **NOT** eligible for the free vaccine program, the 4 strain vaccine will be available at the clinic to purchase. The three strain flu vaccine will be available on script only.

### BULKED BILLED FLU CONSULTATION

Nurse Appointments  
Mon-Fri: 9am - 3pm

Doctors Walk-in Clinic  
Tues-Fri: 8am - 9am  
**For flu vaccine only**

### Directors

Dr Patrick Casey

Dr Noelene Jacka

Dr Daniel Mann Segal

### Doctors

Dr Lynette Hatherley

Dr Yulya Gorovy

Dr Millie Leykin

Dr Simon Cooper

### Practice Nurses

Linda Gore

Nurit Tatarsky

### Practice Manager

Rebecca Laver

### Reception Staff

Melissa Sowerbutts

Jessica Nippard

### Allied Health:

Physiotherapy - Isaac Spivak

Psychology - Rochelle Umansky

Podiatrist - Julie Miller

Dietitian and Exercise Physiology - Lifestyle Breakthrough

### Onsite Pathology:

Healthscope Pathology

### Surgery Opening Hours

**Mon-Fri: 8am-6.30pm**

**Sat: 8am-12.30pm**

**Sun: Closed**

**Public Holidays: Closed**

Online booking available at:  
[www.northroadmedical.com.au](http://www.northroadmedical.com.au)

## Recommendation

The flu vaccine is recommended for everyone from six months of age, but is available free under the National Immunisation Program for people who face a high risk from influenza and its complications.

These are:

- People aged 65 years and over
- Aboriginal and Torres Strait people aged six months to less than five years
- Aboriginal and Torres Strait Islander people who are 15 years and over
- Pregnant women
- People aged six months and over with medical conditions such as severe asthma, lung or heart disease, low immunity or diabetes that can lead to complications from influenza.



## Ways to avoid the spread of Influenza

Another effective way to protect ourselves and others from illness is good personal hygiene.

- Cover your nose and mouth with a tissue when you cough or sneeze
- Throw the tissue in a plastic lined rubbish bin after use
- wash your hands with soap and water after you cough or sneeze. Alcohol based hand sanitisers are also effective.
- Avoid touching your eyes, nose or mouth as germs spread that way
- Don't go to work if you are unwell and don't send your children to school or child care if they are unwell.

## Facts about flu shot:

1. There is no live virus in the flu shot.
2. The vaccine composition changes every year.
3. The flu shot is safe for pregnant women at all stages of their pregnancy.

## Does a flu shot required every year?

Yes. The strains of flu virus can change from year to year. The vaccine may also change to protect against the most recent flu virus strains. Even if the flu strains do not change, yearly vaccination is still recommended as immunity from flu vaccination is not long lasting. Immunisation is recommended in early autumn to allow time for immunity to be strengthened before the flu season starts.

## PERTUSSIS BOOSTER FOR 18 MONTH OLDS

will be available from mid March 2016. This dose compliments those doses already in the National Immunisation Program, 6weeks, 4 months, 6 months, 4years and 10 to 15 years. This has been commenced due to waning immunity following primary immunisation, and an increase in the number of infections in 2- 9 year old age group in recent years. Eligibility: children aged 18 months will be eligible for the pertussis booster dose. There is no recall for those children who have already received their 18 month old immunisations.

