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Don't let the flu stop you

As the cooler weather arrives, staff across the District are preparing for the influenza season.

Stocks of vaccination have arrived and all staff encouraged to make use of the free service available at each hospital's staff health clinic.

The District's Director of Public Health, Associate Professor Leena Gupta, said getting vaccinated early was an important step in ensuring the safety of patients, staff and their families.



Staff health clinics provide the flu vaccine free to all staff.

“Each year, we remind staff about the importance of the vaccine, because each year, the threat of influenza remains. Flu doesn't discriminate. Our community is at risk and so, too, are our healthcare staff,” Associate Professor Gupta said.

“It is also a timely remind of the importance to cover your face when you cough or sneeze, throw out used tissues straight away, and wash your hands thoroughly and often to prevent the spread of germs.”

The flu shot has been updated for this season and protects against four viruses. It is available free of charge for those aged 65 years and over, pregnant women, Aboriginal and Torres Strait Islanders (adults over 15 years/children aged six months to five years), as well as those with medical conditions which can be worsened by severe influenza.

The vaccine is also available to anyone in the community at a small cost. Contact your GP to ask how you can receive the flu vaccine.

For more information and facts about the flu and you, visit <http://www.health.nsw.gov.au/Infectious/Influenza>.