

# Influenza is risky **for you** and your business.

Let us protect  
**your health** in 2020.  
Book your influenza  
vaccinations today.

On-site flu vaccinations are available from late March 2020.

To make a booking request please complete the booking form on our website or contact us on:

- P** 0800 376 600
- E** [support@maxwellhealth.co.nz](mailto:support@maxwellhealth.co.nz)
- W** [theflu.co.nz](http://theflu.co.nz)

## How else can we help?

- Drug & Alcohol Testing
- Employee Health Monitoring
- Ergonomic Assessments
- First Aid Training
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- Psychological First Aid
- Pre-employment Assessments
- Vaccinations (Hep A, Hep B)
- Workplace Wellness

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## TriEx — A Gallagher Bassett Company

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# Let us protect your health in 2020. Book your influenza vaccinations today.

The Quadrivalent flu vaccine is now standard and has been updated for 2020. This vaccine offers protection against 4 strains of the flu virus including 2 new strains for this season.

TriEx can also provide you with nationwide flu vaccination vouchers for ease and flexibility for those employees not available on vaccination day, for remote employees, or if you do not meet our minimum number for an on-site visit. These vouchers can be redeemed at vaccinating Unichem or Life Pharmacies throughout New Zealand.

## Vaccination pricing

No. of units onsite	per vaccination (+GST)
<10	» \$400
10-19	» \$40
20-39	» \$36
40-79	» \$32
80-119	» \$30
120-200	» \$28
200+	» \$26

**Flu vouchers**  
\$37.50 per voucher

### Terms & Conditions:

All prices exclude GST. There is a minimum per visit charge for on-site flu vaccinations — this does not include the issuing of any vouchers. Auckland and Christchurch pricing is all inclusive of time and travel. Service to other locations is available — POA.

A current First Aider must be on site at the time of vaccination. If this is not possible please discuss with our flu coordinator.

# Influenza is risky for you and your business.

## Why is influenza risky?

- Influenza (commonly known as the flu) is a highly contagious disease caused by a virus. When someone who has the flu sneezes, coughs, or even talks, the flu virus is expelled into the air and may be inhaled by anyone close by. It can also be spread by touch.
- The flu can include any or all of these symptoms: fever, muscle aches, headaches, lack of energy, dry cough, sore throat and a runny nose.
- The flu virus can leave you bed ridden. Even if you are fit and healthy you are still at risk of getting the flu.
- Complications of the flu can include illnesses like pneumonia, sinus infections, or worsening of other illnesses like asthma or heart failure. The worsening of flu complications can lead to death.
- The flu is contagious. If you are infected with the flu, you are contagious from a day before you feel sick until your symptoms have resolved (usually about 1 week for adults, but can be up to 2 weeks for children).
- The best way to avoid the flu is to have an annual vaccination, maintain optimal health and practice good personal hygiene.

- 1 in 4 New Zealanders are infected with the flu each year, but 80% of those show no symptoms and can pass their flu onto others who may become seriously ill.
- The flu mutates very quickly and frequently, which is why the flu virus is different every year. This is why it is recommended to get the flu vaccine annually.
- Seasonal flu vaccinations are the single most effective way of reducing the impact of the flu.

## Facts about the vaccine

- Protection from the flu vaccination will last for at least the flu season, possibly longer. Each year the flu virus is different so just because you had the vaccine last year does not make you immune — the flu virus keeps changing. The vaccines are made each year based on the most common flu circulating.
- The 2020 Quadrivalent flu vaccine includes protection against the following strains:
  - » an A/Brisbane/02/2018 (H1N1)pdm09-like virus;
  - » an A/South Australia/34/2019 (H3N2)-like virus;
  - » a B/Washington/02/2019-like (B/Victoria lineage) virus;
  - » a B/Phuket/3073/2013-like (B/Yamagata lineage) virus
- The flu vaccination does not protect you from the common cold, only against the strains of the flu covered in the vaccine.
- It can take up to two weeks following the vaccination for the body to build antibodies.
- You cannot get influenza from the vaccine. The vaccine stimulates the immune system and contains protection against circulating flu viruses. Some people may coincidentally get sick around the time of their vaccination. The vaccine is purified and inactivated so it is absolutely unable to give you the flu. People who are vaccinated who get the flu likely came into contact with the virus prior to vaccination, or before the vaccine has been able to take effect.