

school-based youth health nurse



Spread the facts, not the flu

Queensland Health is urging Queenslanders to get serious about protecting themselves, their loved ones and anyone else they come into contact with against the flu.

Influenza is not the same as a common cold and can sometimes lead to serious complications. Symptoms often include high fever, chills, sweating, extreme tiredness, muscle aches and pains and an unproductive cough



The 'Spread the facts, not the flu' campaign reminds Queenslanders to:

- Get vaccinated – vaccination each year is the best protection against flu.
- Stay home when you are sick and avoid spreading the flu.
- Wash your hands thoroughly – it takes at least 15 seconds to wash your hands properly.
- Limit the spread of germs by using a tissue or coughing/sneezing into your elbow.
- Dispose of used tissues as the flu virus can live outside the human body for a number of hours.

The flu is highly contagious and primarily spreads when an infected person coughs or sneezes.

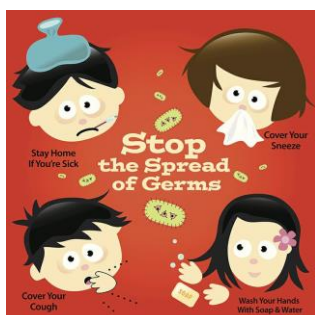
The droplets containing the virus are expelled rapidly and can travel one to two metres.

The droplets then settle onto surfaces, such as telephones and door knobs, and can be passed from hands to the nose, mouth or eyes. People with influenza can be infectious to others from 24 hours before they display symptoms, until a week after the start of symptoms. The good news is you can help protect yourself and others by getting vaccinated and practicing good hygiene.

The Flu vaccine

- There is no live virus in the injectable flu vaccine, so it cannot cause influenza. Each year's flu vaccine contains killed versions of influenza strains chosen as the most current.
- The vaccine takes about two weeks to start working fully and won't protect you against every cough, cold or other virus.

It cannot prevent cases of the common cold or other "flu-like" viruses, or new virulent flu strains.



Don't Spread Germs This Winter!

Destroy. All. Bacteria.

Cover your mouth and nose when you sneeze or cough!

