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protect yourself  
protect others  
from influenza

## Make sure swine flu stops with you: Panvax® H1N1 immunisation

Although Tasmania is presently 'between waves', the pandemic H1N1 2009 influenza virus (swine flu) is still circulating and may suddenly come back strongly at any stage. Because this new virus has the potential to do more harm in the future, Tasmanians are encouraged to get vaccinated against it to protect themselves and their families.

### The vaccine

The vaccine is safe, tested and registered. It is now available for every person, initially over the age of 10, who wants it. Vaccination is being done through GP surgeries, so you can phone your regular doctor for an appointment. The vaccine is free, but some clinics may charge a consulting fee to give it — just like a regular appointment.

One dose is required for adults. Results from the trials for children under the age of 10 years are expected soon. Once known, an announcement will be made about its use in children.

Because of their young immune systems, infants aged 6 months and less can not receive any flu vaccine. So to protect these infants from pandemic H1N1 influenza, vaccination is strongly recommended for their parents, siblings and carers.

### How vaccination helps everyone

People can get this vaccine whether they are more at risk to flu complications or not. This is because vaccination provides protection that extends beyond the one getting it.

In diseases like the flu there is a principle that if enough people in a community are immunised against it, then it becomes more difficult for that disease to spread – even to those who aren't immunised.

This is the concept of 'herd immunity'. More immunity equals less impact from the disease, and in best-cases it may even be stamped out. Globally we've seen this with smallpox, and almost with polio. But because the flu virus changes all the time, the (seasonal and new) vaccines also have to change to keep up, and we need to get re-vaccinated every year to protect ourselves and our close ones.

So, even if you are not worried about the impact of the virus on yourself, your vaccination could give protection to someone near to you who is more at risk. Make a positive move to protect yourself and some one else now that you know why.

### More information

For further information visit: [www.healthemergency.gov.au](http://www.healthemergency.gov.au) [www.pandemic.tas.gov.au](http://www.pandemic.tas.gov.au)