

VACCINE FACTS

What is influenza (flu) and how is it transmitted?	Influenza is a viral infection, caused by influenza virus types A, B or C. The virus is transmitted by virus-containing aerosols produced by coughing, sneezing or by direct contact with respiratory secretions.
Can you get influenza from a flu vaccine?	Influenza vaccines will not give you the flu, as the vaccines available in Australia do not contain 'live' virus. After vaccination, the person will develop antibody levels that are likely to protect them against the strains of virus represented in the vaccine.
Why do I need to get vaccinated against the flu every year?	There are two main reasons for getting an yearly flu vaccine: <ul style="list-style-type: none">• Flu viruses are frequently changing, and vaccines may be updated from one season to the next to protect against the most recent and common circulating strains.• A person's immune protection from the influenza vaccination declines over time and annual vaccination is recommended.
What's the difference between Trivalent and Quadrivalent vaccines?	Trivalent vaccines cover you against THREE strains of the flu Quadrivalent vaccines cover you against FOUR strains of the flu We recommend the Quadrivalent vaccine.

[For more information >>](#)

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