

Contra-indications: The influenza vaccine should not be administered to subject with known allergy to eggs. As with other vaccines, the administration of the influenza vaccine should be postponed in subjects suffering from acute febrile



illness.

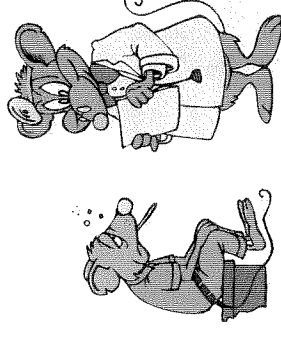
The presence of a minor illness with or without fever should not contra-indicate the use of the vaccine.



Precautions: The influenza vaccine will only prevent disease caused by influenza viruses. Infections with other agents causing flu-like symptoms are not prevented by the vaccine.

FLU VACCINATION

Influenza is an acute respiratory infection associated with a high temperature, muscle aches and pains and headache. Outbreaks mainly occur during the winter months and it can spread rapidly in environments where people come into close contact with each other I.E offices, schools, hospitals.



Influenza is a much more severe form of the normal cold, whose symptoms tend to diminish after 24-48 hours. Generally the illness associated with influenza last for 1-2 weeks.

It can often cause debilitating fatigue which can last for several weeks after the acute infection.

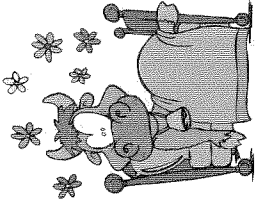
Additionally influenza can be complicated by the development of pneumonia, sinusitis or middle ear infection.

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Use in pregnancy: The effect of the Influenza vaccine on foetal development has not been assessed. The vaccine is therefore not recommended routinely in pregnancy.

Adverse events: Local adverse events

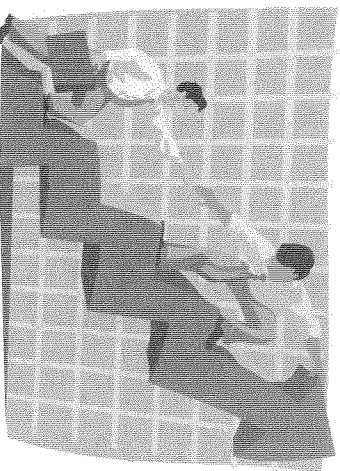


(pain, redness and swelling) and systemic adverse events such as low grade fever and malaise have been reported in a minority of vaccinees. These symptoms resolved spontaneously.

Further Information: In clinical studies a single dose of the influenza vaccine will produce a protective response in up to 95% of people vaccinated for the ongoing influenza season.

Prevention is better than cure!

The viruses causing influenza are a major cause of absence from work during the winter months. The virus strains which cause these outbreaks vary from year to year. The only way to prevent the development of influenza is by vaccination early in the Autumn before any outbreaks have occurred.



There are very few side effects associated with vaccination. Minor discomfort occasionally occurs at the injection site but this is generally short lived. A minority of people develop minor flu like symptoms which generally last for less than 24 hours after vaccination. The vaccination should not be given to pregnant women or to individuals who are allergic to chicken protein.

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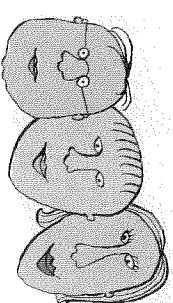
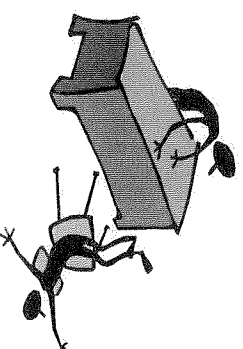
Background: Although influenza causes substantial illness in all age groups, current recommendations emphasise annual immunisation for people at high risk for complications of influenza. A double-blind, placebo-controlled trial of vaccination against influenza was carried out in healthy



working adults.

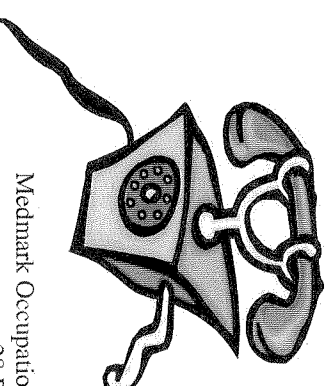
Methods: In the autumn of 1994, 849 working adults from ages 18-64 were recruited into the study. They were randomly assigned to receive either influenza vaccine or placebo injections. The study outcomes included upper respiratory infections, and visits to their physician for upper respiratory infections.

Conclusion: Vaccination has substantial health-related and economic benefits for healthy working adults.



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