

Influenza vaccination information for aged care facility staff



Protect yourself and your residents - factsheet

People living in aged care homes are at higher risk of getting seriously ill from infections such as influenza (flu). Staying up to date with your flu vaccination protects you, your residents, and the people around you.

The flu vaccine can help:

- Stop staff from spreading flu to residents
- Prevent serious complications and death in residents from flu
- Protect your family and friends from catching flu
- Prevent you from getting serious complications

People who work and volunteer in aged care homes are strongly recommended to have a flu vaccination each year.

Your workplace must offer and support access to flu vaccines each year.

Other recommended vaccinations for staff are found in the Australian Immunisation Handbook¹.

What are the symptoms of a flu infection?

- Fever, sore throat, runny nose
- Headache, muscle and joint pains lasting around one week
- Cough and tiredness often lasting several weeks

When should you get vaccinated?

It is best to get the flu vaccine before winter (in April or May). Protection lasts for at least 3 to 4 months after getting the vaccine.

Even if the flu season has already started, it is still worth getting vaccinated.

Flu vaccines are recommended every year to give you protection against new strains.

Where can you get vaccinated?

Check with your employer - aged care workplaces must ensure staff have access to flu vaccines.

You can also get vaccinated at your local doctor or pharmacy.

Who should get vaccinated?

All staff who work in aged care homes should be vaccinated, including:

- Administrative staff
- Doctors, nurses and carers
- Therapists
- Religious/faith visitors
- Cleaning and kitchen staff
- Volunteers
- Temporary, part-time and casual workers.

1. <https://immunisationhandbook.health.gov.au/contents/vaccination-for-special-risk-groups/vaccination-for-people-at-occupational-risk#carers>

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-protect yourself and your residents



Compare the risks of flu complications and flu vaccine side effects

Effects of Flu vaccine vs. Effects of flu infection	
Flu vaccine	Flu infection
• Fever, headache, general tiredness, or muscle aches which last for 1–2 days. • Swelling, redness, or pain at the injection site.	• Chest infection (pneumonia) • Ear infection • Sinus infection • Worsening of chronic conditions.
Rare side effects	Rare complications
• Itchy, raised welts or patches on the skin (hives) • Very rarely these effects can occur: – Severe allergic reaction – Numbness, burning or tingling of the skin – Guillain-Barré syndrome – temporary muscle weakness and paralysis (less than one per one million doses).	• Inflammation of the heart, brain or muscles • Sepsis and multi-organ failure • Death.

For further information on the latest health advice, scan the QR code, or visit www.health.nsw.gov.au/Infectious/covid-19/Pages/racf-latest-advice.aspx#staff-vaccination

