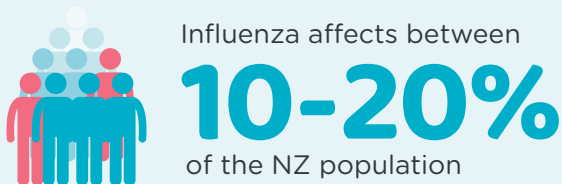


Influenza Vaccinations 2025



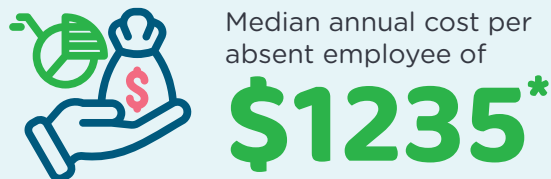
As an employer, you can play a vital role in maintaining the health and wellbeing of your workforce and preventing illness within our communities by providing an in-house influenza vaccination programme.

Flu vaccines can reduce the risk of infection in healthy individuals by 53-75%. This has a direct and measurable benefit on your organisation, reducing productivity losses, decreasing the cost of staff absence, and minimising disruption due to illness over the winter months.



Reduce the risk of infection
in healthy individuals by

53-75%



Average rate of absence was

5.5 days*
per employee

*Biennial Workplace Wellness Survey by Southern Cross Health Society and BusinessNZ 2022

Delivery of Services

Habit Health is one of the few occupational health providers who can provide national coverage for influenza vaccinations. We offer a quality service with a team of highly trained vaccinators and an easy-to-use booking process.

We have twenty office locations around the country with Cold Chain Accreditation which means that we can administer vaccines meeting all legislative and best practice guidelines.

We can provide vaccinations:

1. At your company site
2. At any of our clinics across New Zealand
3. Through a voucher provided to your staff

We also have a network of providers around the country, contact us to discuss provision of service in any area of New Zealand.

All of our nurses are fully trained independent vaccinators working under standing orders from our company GP and meet all requirements of the Ministry of Health Immunisation Handbook 2020.

Make a booking

Bookings are now open for 2025. Contact workplace@habit.health to find a date that works for you.

We provide you with an appointment schedule and assistance on how to set up and run your vaccination clinics.

 **Contact us**

Get in touch now

Speak to your Relationship Manager, email workplace@habit.health or call **05 08 654 325**.

Flu facts

Strike rate

- Influenza (flu) is common in humans, affecting 10 to 20% of New Zealand's population per year. This highly contagious infection leads to decreased productivity and increased absenteeism.

Contagious

- Flu spreads quickly in environments with frequent close contact, such as offices or other workplaces.
- Generally people are contagious from the day prior to experiencing symptoms until their symptoms have resolved.

Flu vs common cold

- Influenza and the common cold are often confused. Many people complain of 'flu' when, in fact, they are suffering from a cold. Symptoms of a cold usually last between 2 – 4 days whereas influenza infection has more severe symptoms, often requiring bed rest, and last for as long as two weeks.

The vaccine

- According to the Immunisation Advisory Centre NZ the flu vaccine provides a 53-75% level of protection to healthy adults.
- It is impossible to get flu from the vaccine as it is purified and inactivated.
- The vaccine stimulates the immune system and contains protection against the four most common strains of flu identified as a health risk each year.
- It is best to have the vaccine early if possible, as the vaccine can take up to 2 weeks to be fully effective.



Service provision

Vaccinations can be provided at any of our clinics or at your workplace(s). To attend your premises, we require a minimum of 10 people (or a minimum charge out rate). Some of our smaller clients work together to combine teams so that we can complete a site visit, and we are happy to help facilitate this.

Onsite clinics require two nurses or a nurse and a trained first aider. If the site is unable to provide a first aider, we will provide two staff to run the clinic. One nurse will provide the vaccinations while the other will manage the observation area. The safety of our clients is paramount, and having two people at clinics is essential for our clinical practice.

Price is set on a per person basis and is an all-inclusive cost which includes:

- Nurses time
- Supply of vaccine, consumables, and emergency equipment
- Management of documentation
- Follow up of any reactions

Travel and mileage are charged in addition to the per person fee and are based on time taken and distance travelled from the closest Habit Health vaccinating office.

Should a booking be required outside the hours of 6am to 6pm Monday to Friday additional fees will apply.

Clients are charged for the number of people booked – final confirmation of numbers is required 3 days prior to the booking.



Frequently Asked Questions

What are the strains for 2025?

As the strains of flu change, relocate, and mutate throughout the year it is important to get a flu vaccine annually.

This year, the flu vaccine contains the following strains:

- A/Victoria/4897/2022 (H1N1) pdm09-like virus.
- A/Croatia/10136RV/2023 (H3N2)-like virus.
- B/Austria/1359417/2021 (B/Victoria lineage)-like virus.
- B/Phuket/3073/2013 (B/Yamagata lineage)-like virus.

This year's flu vaccine is called ALFURIA QUAD.

How long is required?

When attending a workplace site, we schedule to vaccinate 6 people every 15 minutes.

A wait time of 20 minutes is recommended however the observation period can be reduced to 5 minutes for people who meet ALL the following criteria:

1. Do not have a history of severe allergic reactions.
2. Have been assessed for any immediate post-vaccination adverse reactions (5 minutes).
3. Are aware of when and how to seek post-vaccination advice.
4. Will have an adult with them for the first 15 minutes post-vaccination.
5. Will not drive, skate, scoot, ride a bike or operate machinery until 15 minutes post-vaccination.
6. Have the ability to contact emergency services if required.

Will I be protected from the flu and how long does it take to begin working?

In 2025 we are offering the ALFURIA QUAD vaccine, which protects against the four strains of the flu most likely to be around this coming winter and gives you 70- 90% protection. You won't be protected from the common cold.

It takes about two weeks for immunity to develop, so if you have already been infected with the virus before you have produced antibodies you may still get the flu.

Can I catch the flu from the vaccine?

The vaccine cannot give you the flu as it contains no live viruses. The vaccine contains no blood products.

I had a flu vaccination last year, why do I need another one?

Each year's injection is only effective for 6 months to a year. The flu virus also changes each year so last year's vaccine will not protect you from this year's strains of the virus.

I heard I can get it for free from my GP, is this right?

Some people are eligible for a free vaccination through their GP if you are over 65, have a chronic illness or meet other health criteria. For a complete list of who is eligible for free vaccinations, please contact the Ministry of Health or your GP.

Are there side effects?

Reactions to the vaccine are rare. A small number of people may get some redness or swelling at the site of the injection or feel slightly unwell or feverish for a day or two. You can put an icepack on the injection site if it's sore and take paracetamol. In very rare instances there may be a severe allergic reaction to the vaccine, nurses will have emergency equipment with them. If you are going to have a severe reaction this is most likely to happen in the first 10 minutes post vaccination.

At the time of the vaccination, we will record your vaccination in the national immunisation register so that if you do have any concerns your GP can access this information.

Do you offer national coverage for flu vaccinations?

Habit Health is one of the few occupational health providers who can provide national coverage for flu vaccinations.

We have twenty office locations around the country with Cold Chain Accreditation which means that we can administer vaccines meeting all legislative and best practice guidelines.

Who cannot be vaccinated in a workplace setting?

- People with known allergies to neomycin, polymixin and gentamicin
- People who have had a previous reaction to the influenza vaccine or other vaccines
- Anyone who has, or has had, Guillain-Barré syndrome
- Due to the requirements of the standing orders that we work under as independent vaccinators we cannot vaccinate children under the age of 16.