



The PHARMACY GUILD of AUSTRALIA

SENIORS UNDER THREAT THIS FLU SEASON

Senior citizens are urged to get their flu shot in the next fortnight, ahead of fears of a major influenza outbreak in Australia.

With the highest incidence of influenza occurring in people aged 65 to 69, The Pharmacy Guild of Australia warns that some people risk serious illness or even death if they are not vaccinated.

Acting President of the Pharmacy Guild, Patrick Reid, says the flu is a serious health problem that requires preventative measures.

“People often make light of their illness by saying ‘it’s just a cold’ but influenza is a highly infectious, respiratory illness that can be particularly dangerous to the elderly.

“Common flu symptoms included fever, body aches, headache, fatigue, loss of appetite, a cough, and a dry or sore throat.

“There is very little that can be done if you get the flu, except to rest and take medication for relief.

“Your local pharmacist can help with the provision of pain relief medication, decongestants and cough medicines.”

Mr Reid says vaccination is the most effective protection against influenza infection and is strongly recommended for all adults over 65 years of age.

“Anyone who wishes to avoid the flu this season and hasn’t already been vaccinated should see their GP.

“The vaccine is free to older Australians aged 65 years and over, but your doctor may charge a consultation fee.”

For further information on how you can best prepare for the upcoming cold-and-flu season, ask your local pharmacist.

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