Catch the vaccine not the flu

Who Needs Flu Vaccination?

Flu vaccination is recommended if you are:

- Aged 65 years or over
- Over 6 months old and have:
  - a chronic heart or chest complaint, including asthma or bronchitis
  - chronic kidney disease
  - diabetes
  - lowered immunity due to disease or treatment such as steroid tablets, cancer treatment, no spleen or a poorly functioning spleen
- Living in a place where there is a high risk of flu spreading quickly such as nursing and residential homes.

Why Do You Have To Have Flu Vaccine Every Year?

The flu virus changes from year to year and new strains may emerge. People develop immunity to flu either as a result of having flu infection or by being immunised. The immunity provided by the flu vaccine only lasts for one year and is specific to particular strains of the virus. This means that if a new strain of the virus emerges the next year vulnerable people will not be adequately protected.

Can The Vaccination Cause Flu?

No. The flu vaccine definitely cannot give you the flu because it doesn't contain any live virus.

Does The Vaccine Have Any Side Effects?

The flu vaccine is extremely safe. As with any vaccine there may be some soreness when you are injected and, less commonly, a slight temperature for a couple of days afterwards.

How Do I Get The Flu Vaccine?

All GPs keep a list of patients who need flu vaccine, and each year invite them to get their vaccine. If you think you need flu vaccine and do not hear from your GP by the end of October each year, you should contact your surgery to make an appointment.

Avian Influenza

Outbreaks of avian influenza (bird flu) in flocks of chickens have been reported in a number of countries in South East Asia since December 2003. A number of cases of human infection have been confirmed and deaths have been reported in Vietnam and Thailand. All of those infected are thought to have had direct contact with infected poultry.

Avian influenza viruses are known to infect humans from time to time and may cause diseases ranging from a mild infection to severe influenza.

The risk of bird to human transmission is low and human-to-human spread is rare.

The risk to the public in the UK and Ireland is thought to be very low. However, as a precautionary measure the European Commission has banned the importation of both live poultry and poultry products from affected countries to countries in the European Union.

Although there is no restriction on travel to any of the areas where avian flu is being reported, travellers are advised to take sensible precautions such as avoiding bird markets, farms or contact with live poultry.

Competition

Over 14s Competition

1. What age group of women are invited for breast screening every 3 years?

A 25 - 50
B 30 - 60
C 50 - 64

2. Which of the following is *not* true?

A Breastfeeding has important health benefits for mothers and babies
B Breastfeeding rates in Northern Ireland are lower that anywhere else in the UK
C Breastfeeding rates in Northern Ireland are still falling

3. Which of the following is *not* true?

A Smoking does not affect your health
B 1 in 3 school children have smoked tobacco
C Nicotine is a highly addictive substance

4. How many portions of fruit and vegetables is it recommended we eat each day?

A 2 or less
B 3
C 5 or more

5. What percentage of people in Northern Ireland has a weight problem?

A 30%
B 60%
C 80%

6. When do you *not* need the flu vaccination?

A If you are over 65
B If you are under 65 and generally healthy
C If you have low immunity to infection

1st prize £50 book token
2nd prize £30 book token
3rd prize £20 book token

In the event of there being more than 1 person with all correct answers, winners will be drawn randomly from all correct responses.

NAME:

ADDRESS:

CONTACT NUMBER:

Crossword

Under 14s competition

Try to find the fruit and vegetables listed in the grid below

B	C	G	H	D	H	L	O	I	P
E	A	P	R	I	C	O	T	L	O
A	T	N	R	V	N	J	U	J	T
N	U	W	A	D	Q	M	D	U	A
T	O	M	A	T	O	D	V	R	T
H	G	P	J	E	A	F	G	D	O
E	V	Y	G	C	P	Y	Y	G	E
D	P	Y	T	V	P	E	A	R	T
S	G	A	N	O	L	E	M	A	A
Z	C	O	R	H	E	R	R	I	L
B	X	T	A	G	D	Y	F	S	O
O	V	R	N	H	C	J	G	I	C
P	C	A	R	R	O	T	H	N	O
U	R	S	T	I	T	U	J	G	H
O	R	P	E	A	C	H	M	K	C

PEACH	PEAR	GRAPE
MELON	RAISIN	PEA
PLUM	CARROT	ORANGE
BEAN	APRICOT	POTATO
TOMATO		

1st prize £50 book token
2nd prize £30 book token
3rd prize £20 book token

NAME:

ADDRESS:

CONTACT NUMBER:

AGE:

Closing date for both competitions 31st May 2004

Please mark all responses for the attention of:

Erin Begley, DHSSPS Press Office
Room C5.20, Castle Buildings
Stormont, Belfast BT4 3SQ

YOUR health MATTERS

20 Facts about the people in Northern Ireland

1 In 2002 there were estimated to be 1,697,000 people living here.

2 7,400 people are aged 90 or over; 5,760 of them are women.

3 Life expectancy for males is 75.2 years and 80.1 years for females.

4 21,507 babies were born in 2002.

5 1,514 babies were born to teenage mothers.

6 14,586 people died in 2002; 6948 males and 7,638 females.

7 3,571 people died from heart disease.

8 3,652 people died from cancer; 802 from lung cancer, 383 from bowel cancer, 278 from breast cancer, 193 from prostate cancer.

9 Accidents are the leading cause of death in children aged 1-14.

10 On average each year 150 people are killed as a result of collisions on our roads.

11 There are 16,000 people from ethnic minority communities living here; 8,000 of them are Chinese.

12 It is estimated that over 3 million working days are lost every year due to poor mental health.

13 1 in 6 adults in Northern Ireland have a disability.

14 100,000 adults consult their GP every week.

15 Over 2 million prescription items are dispensed every month.

16 There are almost 700,000 attendances at Accident and Emergency Departments each year.

17 There are 150,000 emergency admissions to hospital each year.

18 Each year, 1,200,000 outpatient appointments are arranged. For about 200,000 of these the patient does not show up.

19 Approximately 6,000 properties here do not have a mains water supply.

20 In Belfast smoke levels are now one tenth of those in the 1950s.

For further information visit

www.dhsspsni.gov.uk