

|  |
| --- |
| You never forget the flu |
| Media release template |

[insert date]

### [INSERT RELEVANT AUDIENCE] ENCOURAGED, HELP FIGHT THE FLU THIS WINTER

The flu isn’t like the common cold, it can hit quickly and last for a few weeks, meaning time off work or school and staying away from family and friends.

For vulnerable Victorians, like children, the elderly and people with chronic diseases or a weakened immune system, the flu can have serious and devastating outcomes.

That’s why [insert organisation] want to help ensure everyone knows what steps they can take to help prevent getting and spreading the flu.

If you feel a cough or sneeze coming on, make sure you cough or sneeze into your elbow. It may seem like an obvious thing to do, but your elbow is a part of your body less likely to touch other surfaces and will help stop the spread of the flu.

Hands are one of the top spreaders of germs and viruses. Washing your hands thoroughly with soap at regular intervals throughout the day is a quick and easy way to help stop the spread of the flu.

And most importantly, if you start feeling sick, or for anyone who does get the flu, the best way to avoid spreading the flu is to stay at home. Avoid going to work and other places where you may spread the infection to others.

The most common symptoms of the flu are the sudden appearance of a high fever (38 °C or more), a dry cough, body aches (especially in the head, lower back and legs) and feeling extremely weak and tired (and not wanting to get out of bed).

Other symptoms can be chills, aching behind the eyes, loss of appetite, sore throat and a runny or stuffy nose.

If you’ve got the flu, speak to your doctor or pharmacist, or phone Nurse-On-Call.

And if you haven’t had your flu shot yet, it’s not too late. The flu shot is still available from GPs, pharmacies and community immunisation sessions.

For more information visit [www.betterhealth.vic.gov.au/flu](http://www.betterhealth.vic.gov.au/flu)

**Quotes attributable to [spokesperson]:**

“The flu is a highly contagious viral infection, spread by contact with fluids from coughs and sneezes.”

“The flu doesn’t discriminate, and anyone can be affected, that’s why it’s important everyone knows what they can do to help protect others and fight the flu this winter.”

“Stopping the spread of flu is as easy as making sure you’re following three simple steps: cough or sneeze into your elbow, wash your hands thoroughly and if you’re unwell, stay home.”