

Flu Season – are your staff protected?

The workplace continues to be an effective channel for New Zealanders to receive their flu vaccinations. The myths about the vaccine causing someone to get the flu appears to be less and wide ranging advertising for vaccination is having a positive effect on the number of New Zealanders protecting themselves, their families and their work colleagues from the flu. In 2012 over 1 million people in New Zealand were vaccinated and this makes good business sense for companies to provide the vaccinations at work.

The Return on Investment for a company is, statistically, 40% reduction in sick leave days and 161% ROI in 6 months.

Regardless of the size of the business, absenteeism and very often presenteeism can have a hugely disruptive effect on other team members, service delivery and ultimately the bottom line. Due to the flu virus being very contagious and spread through coughing, sneezing and talking, the number of vaccinated people helps protect the 'unvaccinated' population, which can include other family members so by providing the vaccine opportunity at work the benefits can be widespread.

Often people refer to the common cold as the flu (often as serious as the 'man' flu!), however when someone gets the genuine flu there is a very clear difference, in so far as with the flu the victim will often be sick enough to be in bed for days. It is strongly encouraged that people should still get vaccinated each year because the immunity offered by current vaccines lessens over time and the immunity achieved though being vaccinated is completely natural.

If your business is more effective when all staff members are well, providing flu vaccinations for them is an investment which is hard to beat the return on the money invested. If your workplace requires Flu Vaccination this year, Life Care Consultants can come to your place of work, so get in touch to arrange your flu vacs before it is too late.

<i>Influenza</i>	<i>A cold</i>
Sudden onset of illness lasting 7- 10 days	Mild illness
Fever (usually high)	Mild fever
Headache (may be severe)	Mild headache
Cough	Sometimes a cough
Muscle aches	Muscle aches uncommon
Shivering	A runny nose
Can suffer severe complications (eg Pneumonia)	