



## **MEDIA RELEASE**

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### **How to defend against the winter flu**

Leading pharmacy group TerryWhite Chemmart is ramping up vaccination accessibility and offering preventative advice to help avoid a repeat of last year's influenza pandemic.

In 2017, specially trained pharmacists administered the vaccine for the first time across the country. Now, more Australians than ever are looking to book pharmacist-administered vaccinations.

TerryWhite Chemmart is offering unmatched access to this professional service by allocating over three million appointment slots nationally from April 2, to ensure the vaccine is readily available at the customer's convenience throughout the winter months, with online bookings now open.

TerryWhite Chemmart pharmacist Nicky Muscillo said the vaccination is the single best way to protect against the flu.

"The vaccination helps your body develop antibodies to fight contagious flu symptoms," Ms Muscillo said.

The flu vaccination service is completed within minutes by a trained and qualified pharmacist in a private consultation space, followed by a short period of observation.

"Antibodies develop in the body approximately two weeks after the shot is administered and help ward off the type of flu present in the vaccine.

"The Quadrivalent Flu Vaccination is an important step in the right direction to ward off the flu, but there are a number of other preventative measures that Australians should follow."

Ms Muscillo said maintaining a balanced diet, regular exercise regime and adequate rest is essential.

"The key is to stay healthy and clean - avoid touching your eyes, mouth and nose; sanitise your workspace; dispose of tissues immediately after use; avoid close contact with those infected; wash hands with soap and water frequently; and use hand rubbing alcohol on a regular basis," Ms Muscillo said.



**Flu symptoms usually include:**

- Sore throat
- Runny nose
- Headache
- Fever
- Coughing

**Top tips for treating the flu:**

- Treat symptoms as necessary using pain relief medication
- Ensure adequate rest
- Maintain fluids
- Seek medical advice should your symptoms persist or worsen

**ENDS**

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