



COMMUNITY  
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NETWORK

# Time to vaccinate against the flu

With COVID-19 spreading across Australia, this year it is more important than ever to receive your flu vaccination.

CBN normally arranges central flu shots in our Melbourne and Perth offices but this year as we are all working from home, we will reimburse the cost of your flu shot.

## What you can do

- Contact your GP and make an appointment
- Complete a [personal reimbursement form](#) and send it to [invoices@cbnet.com.au](mailto:invoices@cbnet.com.au)

## 5 great reasons to get the shot

### 1. Flu can be serious

Every year the flu affects thousands of Australians and puts an enormous amount of pressure on our hospitals and health system. Over 3,500 avoidable deaths occur in Australia every year from complications of seasonal flu, including pneumonia.

The flu virus is especially dangerous for:

- Elderly people
- Pregnant women
- Aboriginal and Torres Strait Islander people
- Very young children
- People with underlying medical conditions.

### 2. The flu shot won't make you sick

You can't get the flu from the flu shot. The vaccine doesn't contain any active virus.

It's safe for pregnant women at any time in pregnancy.

### 3. Flu viruses change

That's why the vaccine is usually updated every year, depending on the circulating strains. This means you need the updated shot each year, ideally before the flu season starts.



#### **4. Protect your community**

Some people can't get the flu shot. This includes people with compromised immune systems. This means that if they get the flu, the consequences are much more serious. Having more immunised people around them reduces their risk of getting sick.

#### **5. CBN will reimburse you if there is a cost!**

Please send in your invoice and we will reimburse you for the cost of your flu shot.