

## Flu Season 2020

New Zealand have a time of the year called “flu season” that happens each year. This occurs in the winter – however we can experience outbreaks of the flu as early as April and can last as late as October.

The Annual Influenza Immunisation Programme starts from 1<sup>st</sup> April that is subject to availability of influenza vaccine. In previous years, the programme began as soon as the vaccine became available for distribution.

The data from New Zealand influenza surveillance reveals that in recent years the influenza activity has its peak in August. The fixed start date from 1<sup>st</sup> April is intended to make sure that the influenza vaccination remains as effective as possible to provide better protection during the peak incidence of influenza.

The influenza strains included in the 2020 quadrivalent influenza vaccines

- A/Brisbane/02/2018 (H1N1)pdm09-like virus
- A/South Australia/34/2019 (H3N2)-like virus
- B/Washington/02/2019-like virus
- B/Phuket/3073/2013-like virus

For healthcare professionals and other immunisation providers, necessary steps are important to manage influenza vaccination programme and vaccines in their practices. This may include arranging stock or supplies needed such as portable or spare medical oxygen and extra sharps container to ensure proper disposal of the needles.

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**To find out on how we could assist you this Flu Vaccination season**, visit [www.nitrogenx.co.nz](http://www.nitrogenx.co.nz) or call us on 0800 22 33 85

**For more information and updates about Flu Season 2020**, please see the links below:

The Immunisation Advisory Centre website:

<https://www.influenza.org.nz/>

New Zealand Ministry of Health website:

<https://www.health.govt.nz/our-work/preventative-health-wellness/immunisation/influenza>

