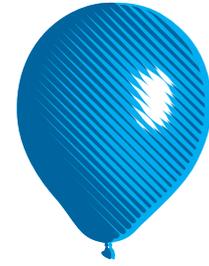


Asthma Australia's Asthma and Flu Survey



**Asthma
Australia**

Asthma Australia surveyed* over 500 people with asthma and their carers to better understand their personal experiences of asthma and how it is affected during the flu season, here is what they told us.



97% of people said viruses or the flu is a trigger for asthma or make asthma symptoms worse

How do viruses and flu impact your asthma

Top 5:

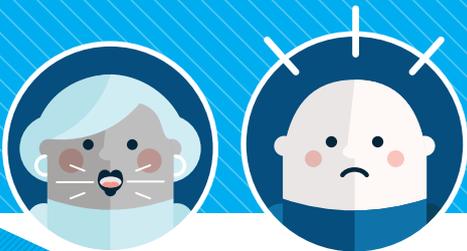


1. Increased asthma symptoms
2. Increased reliever medication
3. Need to visit doctor
4. Course of oral corticosteroids
5. Days of work/school/study

64% took days off work, school or study as a result of flu and asthma

66% required 3 days leave or more

51% of carers required days off to care for a person with asthma and flu



How long is asthma affected (flared-up) after a virus or flu?



67% of people said asthma is flared-up for 7 days or more after a virus or flu



Top 3: Reasons for flu vaccination

1. Because of asthma – it gets worse if I/they get the flu
2. I/they always get the flu shot
3. It was recommended by my doctor



Flu vaccination in 2016



70% of people with asthma said they were vaccinated against the flu in 2016

39% of carers said the person they care for with asthma was vaccinated against the flu in 2016

Likelihood of flu vaccination in 2017?

Of individuals who responded to the survey for themselves **70%** said they would be vaccinated in 2017 and **59%** of carers said it was likely the person they care for with asthma would be vaccinated



*Survey participants were recruited via Asthma Australia's website and social media channels. Consumers were asked to provide their experiences with asthma and flu via an online survey. Asthma Australia's Asthma and Flu Consumer Survey - Results (March 2017)

The National Immunisation Program provides free vaccination to at risk groups – talk to your pharmacist or GP to see if you are eligible.

For more information about asthma contact your local Asthma Foundation **1800 ASTHMA** Helpline (1800 278 462) or visit **www.asthmaaustralia.org.au**