

# Stay safe from the flu this winter



## Get vaccinated

It's a good idea to get your influenza (flu) vaccine now, ahead of the peak flu season (June – September).

You can get vaccinated at your local GP, community health clinic or pharmacy. The vaccine is recommended for anyone over the age of 6 months.

The flu vaccine is free for people who are at higher risk of getting very sick:

- children aged 6 months to 5 years
- all Aboriginal and Torres Strait Islander people aged 6 months and over
- people aged 6 months and over with medical conditions that can put them at higher risk of getting very sick with influenza and its complications
- pregnant women (at any time during pregnancy)
- people aged 65 years and over.

If you cannot get a free vaccine, you can buy it from the GP or pharmacy. The price can vary from around \$15 – \$30.

## Why is vaccination important?

The flu is a very contagious infection. It makes many people sick and causes deaths every year.

It's very important to get the vaccine this year because we are more exposed to the illness compared to other years. That is because less people had the flu in recent years (due to the global pandemic) and because less people have had the flu vaccine.

The flu causes many hospitalisations for children and can also have dangerous complications. So, it's very important for children aged 6 months to 5 years to get the flu vaccine.

Getting children vaccinated also helps stop the spread to other people.



## What about the COVID-19 vaccine?

The COVID-19 vaccine does not protect you against the flu!

If you are due for your COVID-19 vaccine or booster, you can get it on the same day as the flu vaccine. Speak to your GP if you have any questions about getting both vaccines.

You can get sick with COVID-19 and the flu anytime. Being vaccinated for both means you have much better protection to help you fight off both infections.

## When can you get the flu vaccine after recovering from COVID-19

You can get the flu vaccination once you have recovered from COVID-19. This means that you're better and you are out of isolation.

You should not get the flu vaccination if you still have signs or symptoms of COVID-19, or if you are sick (like with a fever).

## Need more information?

Talk to your GP if you have any questions about getting the flu vaccine.

You can also call **13 HEALTH** on **13 43 25 84** and speak to a nurse.

