



Reduce your risk  
from COVID-19  
and influenza



Australian Government

Department of Health  
and Aged Care

[health.gov.au](https://www.health.gov.au)

## Introduction

The Department of Health and Aged Care has created this presentation to ensure your employees have the most current and accurate information on COVID-19.

While Australia is back to business as usual, COVID-19 and the flu are still around. So, it is important for everyone to practise protective behaviours and consider getting their new booster when they are eligible.

Everyone plays a vital role in slowing the spread and protecting those most at risk in the community.

Throughout this presentation, there are a range of resources to help your employees stay COVID-19 and influenza safe.

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## How can you reduce your risk from COVID-19 and influenza?

We all have a part to play in protecting our health, the health of those around us and those most at risk from severe illness from COVID-19 and influenza.

COVID-19 safe measures have successfully protected those most at risk and slowed the spread of COVID-19 in the past, and they continue to do so today.

Protective measures include:

- **Consider getting a booster dose if you're eligible**
- **Wearing a mask when indoors, in crowded places or in high-risk settings such as hospitals, disability or aged care homes and when asked to by a health professional**
- **Staying at home if symptomatic or if you have tested positive**
- **Talking to your health professional about risk factors and treatment options**

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## COVID-19 boosters

Things need topping up from time to time, including your COVID-19 and influenza protection.

If you're an adult and it's been 6 months since your last COVID-19 vaccination or infection, you can now get the latest booster.

This is particularly recommended for people aged 65 years and over, and those aged 18-64 years who are at risk of severe COVID-19 or otherwise have a disability and complex health needs.

Yearly influenza vaccination is the best way to protect yourself and your family from the flu.

Free influenza vaccines are available for Australians most at-risk of serious illness.

**Flu shots can be given on the same day with a COVID-19 vaccine.**

To book your booster or to learn more about eligibility, use the [Health Service Finder](#).

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## Know the symptoms of COVID-19

1



Cough, shortness of breath, or  
difficulty breathing

2



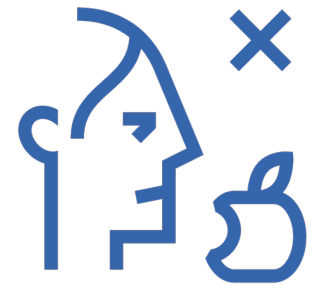
Fever or chills

3



Muscle or body aches

4



New loss of taste or smell

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## Have you got a COVID-19 plan?

This plan provides an outline of the actions you can take to minimise the risk of COVID-19 and steps you can take if you test positive.

- Ventilate workspaces to increase airflow
- Wear a mask when in crowded or high-risk settings such as hospitals, disability or aged care homes and when asked to
- Encourage personnel to conduct a covid test if they are symptomatic and stay at home if they are unwell
- Talk to a health professional about risk factors and COVID-19 treatment options if you're at higher risk of becoming very sick
- Continuing to practise good hygiene and use hand sanitiser regularly
- Maintain cleaning procedures and wipe down surfaces after use
- If you have tested positive for COVID-19, communicate with managers

## COVID-19 oral treatments

Some people are at higher risk of serious illness from COVID-19 and should talk to their health professional about eligibility for COVID-19 oral antiviral treatments.

This includes everyone 70+, people who are 18+ with moderate to severe immunocompromise or who have been hospitalised with COVID-19 previously, First Nations people 30+ and people 50+ with risk factors.

Oral treatments may help stop COVID-19 infections from becoming severe so that the illness can be managed at home and not in the hospital.

Oral treatments work best when taken as soon as you test positive for COVID-19, so it's best to talk to your healthcare professional and make a plan before you get sick

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