



GIVE FLU THE BOOT

The flu can be passed around as easily as a footy. The best way to protect you and your mob is with a **FREE** flu vaccination.

Aboriginal and Torres Strait Islander people are at higher risk of getting really sick and going to hospital from the flu. That's why all First Nations people aged 6 months and over can get the influenza vaccination for free every year.

About influenza (flu)

Influenza, or the flu, is a virus that can make people of all ages sick. Some people might just feel a little unwell, but for others, it can make them very sick and even need a hospital visit. The best way to protect yourself from the flu is by getting a flu vaccination every year.

About the flu vaccine

The flu virus changes every year, so the flu vaccine is updated based on what experts think will be the most common types of the virus. That's why it's important to get the vaccine every year. The vaccine you get depends on your age, and your doctor or health worker can tell you which one is best for you or your child.

Flu vaccine safety

The flu vaccine has been around for a long time and is very safe. Most people only have mild side effects when getting the vaccination, like a sore arm where the needle was given, or some redness and swelling. These side effects are normal and usually go away within a few days. Serious side effects, like an allergy to the vaccine, are very rare. Talk to your doctor or health worker if you have any concerns about possible side effects.

Vaccinating your little ones

Children under 5 years old are at higher risk of getting very sick from the flu. Even healthy kids can get really sick.

Kids can get a flu vaccination at the same time as their other routine childhood vaccinations, or on its own.

Children under 9 years old getting the flu vaccination for the first time will need 2 doses, 4 weeks apart, to help their body build strong protection against the virus.

Pregnant women and the flu vaccine

The flu vaccine helps to protect both you and bub. It's safe even when you're pregnant, and you can get it anytime during your pregnancy.

If you were pregnant last year and got a flu vaccination, it's still a good idea to get another this year before your baby is born. If you got a vaccination before pregnancy, it's recommended to get it again during your pregnancy.

When to get a flu vaccination

You should get the flu vaccine every year, when it becomes available around April. Your immunity is strongest for 3 to 4 months after you are vaccinated. Flu season in Australia usually runs from June to September, peaking in August, so it's important to get your flu vaccination in April or May. However, it's never too late to get the vaccination, as the flu can spread at any time of the year. If you got vaccinated against the flu late last year, make sure to get the new vaccination this year when it's available.

Where to get a flu vaccination

Talk to your doctor or health worker about getting a flu vaccination today. Vaccination appointments can be booked with your doctor, your local Aboriginal Medical Service, local immunisation clinics (in some states and territories), at community health centres, and at some pharmacies.

Should all our mob get a free flu vaccination?

All Aboriginal and Torres Strait Islander people aged 6 months and older should get a free flu vaccination each year. It helps protect you and your entire community from getting sick.

A flu vaccination is especially important for:

- Children 6 months to under 5 years old
- Pregnant women at any stage of pregnancy
- Older people in our community



For more information visit

health.gov.au/flu



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