



GET READY FOR WINTER GET VACCINATED

Viruses are always changing, so it's important to get regular vaccinations against all the winter nasties, especially if you're a bit older like Troy Cassar-Daley.

Why is it important I get vaccinated against the flu, COVID-19 and RSV as I get older?

If you're older and Aboriginal or Torres Strait Islander, it's really important to stay up to date with your free flu, COVID-19 and RSV vaccinations. As we get older, it can be harder for our bodies to fight off these viruses, and they can make us very sick. Aboriginal and Torres Strait Islander people can also be at higher risk of serious illness from respiratory infections, making free winter vaccinations even more important.

When should I get my vaccinations?

Flu and COVID-19 vaccines are often given at the same visit. RSV vaccines can also be given at the same time as other vaccines for some people, but your doctor or health worker might space them out depending on your health, age, or any side effects.

Getting them together can make it easier to stay up to date and protected, especially before winter. The best thing to do is yarn to your doctor or health worker. They can let you know what's safe and recommended for you and help plan the timing.

Who is eligible for a free vaccine?

Flu:	Anyone aged 6 months or older
COVID-19:	65 years and over
RSV:	60 years and over

Are the vaccines safe?

Vaccines have been around for a long time and are very safe. Most people only have mild side effects, like a sore arm where the needle was given, some muscle aches or a mild fever.

These side effects usually go away in 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.

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 as you age is to get a free flu vaccination every year.

Flu season in Australia usually runs from June to September, so it's important to get your free flu vaccination from March or April. However, it's never too late to get the vaccine since the flu can spread all year long. If you got the vaccine late last year, make sure to get the new vaccine this year when it's available.

About COVID-19

COVID-19 is still around, and it can make people really sick—it's not just a cold. Some people might have mild symptoms, but others can get very unwell and may need hospital care. Protection from COVID-19 vaccinations can reduce over time, so it's important to stay up to date.

If you're aged 65 to 74 years, it's recommended you get a COVID-19 dose every 12 months to help protect you from serious illness. If you're 75 years and over, you can get a dose every 6 months. People who are severely immunocompromised might be able to get a booster sooner.

About RSV (Respiratory Syncytial Virus)

Respiratory Syncytial Virus, or RSV, is a common virus that spreads easily and affects the airways and lungs. It can make people of all ages sick, but for some, it can lead to serious illness like bronchiolitis or pneumonia. RSV spreads when someone who's sick coughs or sneezes. Tiny droplets can be breathed in or land on surfaces that others touch. Vaccination can help protect you from RSV and reduce the chance of getting really sick.

You can get the RSV vaccine* at any time of year, but it's best to get it before winter so your body has time to build protection. Free RSV vaccination is recommended for Aboriginal and Torres Strait Islander people aged 60 years and over. Yarn to your doctor or health worker about whether it's right for you.

Talk to your doctor or health worker about getting your free winter vaccinations today.

Scan here



For more information visit here:

health.gov.au/winter-vaccinations



National Immunisation Program

A Joint Australian, State and Territory Government Initiative

*RSV vaccines are free for eligible older adults under the National Immunisation Program from 15 May 2026.