



# BE READY FOR THE MOMENTS THAT MATTER THIS WINTER



The winter season is a vulnerable time for the older adults in your life. People aged 65 years and over have a higher risk of severe illness and hospitalisation from influenza, COVID-19 and respiratory syncytial virus (RSV). Vaccination is the best preparation.

Whether it is a reminder during a phone call, or assistance getting to a vaccination appointment, your support can make a difference towards getting older people vaccinated and being prepared for winter.



For more information, visit [health.gov.au/  
winter-vaccinations/translated-resources](https://health.gov.au/winter-vaccinations/translated-resources)

The following check list can help you raise the topic of winter vaccinations with your loved ones:

- ❑ As the weather gets colder, talk about getting vaccinated for influenza, COVID-19 and RSV before winter sets in.
- ❑ Encourage them to act early. It's best to get vaccinated each year when the vaccines become available from March or April to be protected before the peak season. But it is never too late to vaccinate.
- ❑ Help them make an appointment with their doctor or go to their local pharmacy to talk about their eligibility for free winter vaccines.
- ❑ Be prepared to answer any questions or concerns that they might have. You can point out that older people are at increased risk of becoming seriously ill or even needing hospitalisation if they catch a respiratory virus.
- ❑ Reassure them that vaccination is the best way to prepare for winter to keep them well and healthy so they can enjoy the moments that matter.
- ❑ Let them know that health experts say it is safe to get the flu, COVID-19 and RSV vaccines at the same appointment, or separately.