

# BE WINTER READY FOR THE MOMENTS THAT MATTER



People aged 65 years and over are at higher risk of severe illness from respiratory viruses like influenza, COVID-19 and respiratory syncytial virus (RSV). As we age, our risk of serious illness, complications and hospitalisation increases.

Staying up to date with recommended vaccinations is the best way to stay well and healthy for the moments that matter most this winter. For the best protection, get your vaccinations from March or April before the peak of the season in June to September.

Speak to your health professional and book your vaccination today.



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



Vaccination providers include:



General practitioners (GPs)  
and GP clinics



Participating pharmacies



Local council immunisation clinics  
(available in some states and territories)



Community health centres



Residential aged care vaccination  
providers (for people living in aged  
care).

If English is not your first language, you can ask for an interpreter when speaking with a health professional. You can also bring a family member, friend or carer to support you.