Stay healthy this season

The change of seasons often brings more infections from respiratory viruses, like the flu and COVID-19.

Make sure you are ready this winter by staying up to date with your COVID-19 vaccinations and getting your flu vaccine.

Did you know? It's safe to get your flu and COVID-19 vaccines at the same time.

You can help slow down the spread of viruses in our communities by:

- Covering a cough with the inside of your elbow instead of your hand.
- Keep your hands clean, especially if you are making food or eating. *Tip: carry hand sanitiser*
- Stay 2 big steps away from others when possible.
- Stay home when you're feeling sick.

Book today with your healthcare worker.

For more information, visit health.gov.au, or call the National Coronavirus Helpline on 1800 020 080.

COVID-19 VACCINATION