



Protect yourself and your family from influenza (flu), so you can keep doing the things you love.

Influenza (flu) is serious, but your yearly flu vaccine offers the best protection against getting really sick. Flu can occur throughout the year but is most common in autumn and winter.

Anyone can get flu. Getting a flu vaccine is quick, easy and recommended for everyone aged 6 months and over so you can keep doing the things you love.

The flu vaccine is **free** for people who are at a higher risk of getting really sick from flu. This includes:

- Children aged 6 months to under five years of age
- Pregnant women, at any stage of pregnancy
- Aboriginal people aged 6 months and over
- People aged 65 years and over
- People with serious health conditions such as diabetes, cancer, immune disorders, severe asthma, kidney, heart or lung disease

Scan the QR code to find your nearest flu vaccine provider





How do I protect myself and others?

There are simple things you can do to protect yourself and your loved ones from flu:

- **Stay home if you're unwell**
 - If you do need to leave home when you are sick, wear a mask.
 - Avoid contact with people at higher risk of severe illness.
- **Have a plan if you are at higher risk of severe illness**
 - If you are at higher risk of severe illness, you should talk to your doctor before you get sick to make a plan for what test to do and what treatment you may need. There are antiviral medicines available to prevent and treat flu.



Scan the QR code for more information about flu

If you have flu and have health questions that are not a medical emergency, speak to your doctor or call healthdirect on 1800 022 222 for free, 24 hour medical advice from a registered nurse.