

GET THE FLU SHOT
BEFORE THE FLU
GETS YOU!

Facts

- Under the National Immunisation Program, if you are Aboriginal and/or Torres Strait Islander and over 15 years of age or a child over 6 months with an existing medical condition you can get the free flu shot.
- You can get your free flu shot from Aboriginal Medical Services, doctors and immunisation providers.
- If you have a chronic medical condition it will make you more likely to be very sick if you get the flu.
- Flu shots are the best way to help fight the spread of flu in the community.

If you have any questions, talk to your doctor, Aboriginal Health Worker or nurse.

Current Contact List

State and Territory contact information

ACT (02) 6205 2300
NSW Contact the local Public Health Units
(look under 'Health' in the White Pages)
NT (08) 8922 8044
QLD 13 HEALTH (13 43 25 84)
SA (08) 8226 7177
TAS 1800 671 738
VIC 1300 882 008
WA (08) 9321 1312

National Aboriginal Community Controlled
Health Organisation (NACCHO) Affiliates

ACT 02 6284 6222
NSW 02 9212 4777
NT 08 8944 6666
QLD 07 3255 3604
SA 08 8273 7200
TAS 03 6234 0700
VIC 03 9419 3350
WA 08 9227 1631



Seasonal Influenza
Vaccination Program

Commences 15 March.

i M M U N I S E
AUSTRALIA PROGRAM

An Australian, State and Territory
Governments initiative

www.immunise.health.gov.au

All information in this publication
is correct as of February 2011

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Australian Government
Department of Health and Ageing

i M M U N I S A T I O N

What is the flu?

The flu (influenza) is a virus which spreads from person to person through the air and on your hands.

If you get the flu you may get a high fever, bad cough, joint pains, body aches, have difficulty breathing and feel really tired.

Most people only get sick for a week but some people get sicker and need to go to hospital.

The flu can cause pneumonia or bronchitis, and can make some existing illnesses worse. Some people can die from the flu.

Can the flu be prevented?

Yes, the flu can be prevented.

The flu shot protects you from three different types of flu.

The flu changes all the time, that's why you need to get a flu shot every year.

Get protected

Get your flu shot in autumn so your body has time to protect itself before the flu season starts in winter.

You will not get flu from the flu shot.

Every Aboriginal and/or Torres Strait Islander person who is:

- over the age of 15
- pregnant
- 6 months of age and over with any:
 - heart disease;
 - lung conditions, such as asthma;
 - chronic illnesses that mean you have to see a doctor more often, such as diabetes;
 - chronic illnesses that you have been in hospital for in the past year; or
 - low immunity

needs the flu shot.

It is also very important for children aged 6 months to 10 years who are on aspirin as part of their treatment to have the flu shot.

Why?

The flu shot protects your health and decreases hospitalisations and death.

If you are pregnant, you are at higher risk of getting sicker with the flu. The flu shot is safe for you and will protect your baby.

All Aboriginal and Torres Strait Islander people can now have a FREE flu shot if you are aged 15 years and over, or a child 6 months or older with an existing medical condition.

