



Where can I get my Flu Shot?

The best time to be vaccinated is now – before the flu season starts!



Flu strains in the community change regularly – so vaccines are updated every year. It is important to have the updated shot each year. The time to get your annual flu shot is now!

Every year the flu affects thousands of Australians and puts pressure on our hospitals and health system. Over 3,500 deaths occur in Australia every year from complications of seasonal flu, including pneumonia. Help avoid being infected with influenza and COVID 19 at the same time.

You can access the flu shot from:

GP Surgery	Ask your doctor if you're eligible for a free flu vaccination if you are in a high risk group ** see below list for eligible groups. 98839999
Check with your local Pharmacy	Some local pharmacies provide flu vaccines on site
Child Health Nurse	For childhood immunisations and influenza vaccines. Children from 6 months old to the end of year 6 (primary school) are eligible for flu vaccines at Community Health Clinics. Heather Salmeri 98834501

For more information

- To find a GP or pharmacist who can give you a flu shot, use the [Healthdirect Service Finder](https://healthdirect.gov.au) - healthdirect.gov.au or 1800 022 222
- You can visit the [National Immunisation Program](https://beta.health.gov.au/topics/immunisation) - <https://beta.health.gov.au/topics/immunisation> or call the NIP hotline on 1800 671 811 between 8am and 5pm AEST.

**** The following groups are eligible to receive free government funded influenza vaccinations:**

- Pregnant women (at any stage of pregnancy)
- Children aged 6 months to less than 5 years
- Primary school aged children (pre-primary to year 6) * provided by Primary Health practitioners
- People 65 years and older
- Aboriginal people 6 months and older
- People 6 months and older with medical conditions that put them at risk of severe influenza, including:
 - Heart disease
 - Kidney disease
 - Chronic respiratory conditions
 - Chronic illnesses that required regular medical attention or hospitalisation in the previous year
 - Chronic neurological conditions
 - Impaired immunity
 - Children aged 6 months to 10 years receiving long-term aspirin therapy

Note: The vaccine is free however you may be charged a consultation fee. Check costs when making an appointment.

