

PROTECT YOU, YOUR FAMILY AND OUR SERVICE RECIPIENTS



MMSS ENCOURAGES YOU TO GET THE FLU JAB

Every year thousands of Australians are dying or being admitted to hospital for complications of the flu. That is entirely avoidable if people have their flu vaccination

It's free for those at risk

Under the Federal Government's **National Immunisation Program**, there are some people who are eligible for a free flu vaccine because they are most at risk of poor outcomes.

This includes:

- Pregnant women (at any stage of pregnancy)
- People aged 65 years and older
- Aboriginal and Torres Strait Islander people aged six months to five years
- Aboriginal and Torres Strait Islander people aged 15 years and older
- People aged six months and over with medical conditions that mean they have a higher risk of getting serious disease (such as diabetes, severe asthma, lung or heart disease)
 - According to the Department of Health, the government-funded seasonal flu vaccines will be available nationally from mid-April.
 - This matches recommendations from both the AMA and RACGP, who say the best time to get the flu shot is towards the end of April and into the beginning the May.

"To improve the protection in older people, the Government's introduced two new vaccines just for people 65 years and over, which are more potent than the regular flu vaccine,"

Getting vaccinated every year is important because the most common strains of the influenza virus change every year.

The vaccine that you get this year will not necessarily protect you against the different virus that may be circulating next year. If you are in a high risk category or have concerns or questions about the flu vaccine this year, it's best to speak with your GP. Or your local chemist.