Stay well this winter

Symptoms of influenza (flu) can hit very quickly and may last several weeks. Vaccination is the best way to protect yourself and others from getting the flu.

Annual influenza vaccination is recommended from mid-April each year and is free under the National Immunisation Program for those at higher risk of complications from the flu.

Keeping our school community well
Parents, carers and students are encouraged to practice prevention measures, including:
· washing and sanitising hands regularly
· avoiding touching eyes, nose and mouth with unwashed hands
· covering nose and mouth when coughing or sneezing · staying home if unwell and consulting a general practitioner (GP) or NURSE-ON-CALL (health.vic.gov.au) as required
· staying up to date with flu and COVID-19 vaccinations.

Flu vaccinations
Flu vaccinations can be booked through GPs and pharmacies, many of which can also provide COVID-19 vaccinations. Flu vaccination is recommended for everyone aged 6 months and over.

Some people are more at risk of complications from flu and are eligible for free vaccination as part of the National Immunisation Program.

COVID-19 booster
The 2023 COVID-19 booster dose is available for everyone aged 18 and above.

Getting your booster dose remains the best way to prevent severe illness or hospitalisation, especially in people aged over 65 and those at higher risk of severe illness.

You can have your booster dose 6 months after your last dose or COVID infection.

Children aged between 5 and 17 years who are at risk of severe illness can also receive a 2023 booster dose.

You can get your next dose at your local pharmacy or GP. To find one near you, refer to the vaccine clinic finder.

Find out more

For more information about preventing flu, and immunisation, refer to:
- Better Health Channel influenza flu immunisation fact sheet
- Getting vaccinated against influenza.