

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

Everyone in Australia aged 5 years and over is eligible for a free COVID-19 vaccination.

Ensure your ongoing protection against COVID-19 by understanding the latest [Australian Government vaccination guidelines](#).

Booster doses are recommended or can be considered based on your age and the presence of risk factors for severe illness.

- All adults are eligible for a booster dose every 12 months.
- Adults 65 years and over, or aged 18-64 who are severely immunocompromised, are eligible to receive a booster dose every 6 months.
- Children aged 5 to 17 who are severely immunocompromised can receive a single dose this year.

Teenagers and children who are in good health do not need a booster dose in 2024, due to the low incidence of severe illness and high level of hybrid immunity amongst this group.

You may need additional booster doses based on your medical condition. At risk adults and children include those with a disability, severely compromised immune system and complex or multiple health conditions, which increase their risk of severe COVID-19. Please speak with your GP or community pharmacy.

For information on which vaccine you can get, visit [COVID-19 vaccine in the Australian Department of Health and Aged Care, Australian Immunisation Handbook](#).

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](#).

<https://www.betterhealth.vic.gov.au/covid-19/covid-19-vaccination>