

Get Protected

Your Flu Vaccine Factsheet

Why get the flu vaccine?

The flu can make you very sick. It spreads easily from person to person. The vaccine helps protect you and others.

When should I get it?

You should get vaccinated every year. Get your vaccine before the winter season begins.

Where can I get the flu vaccine?

- Doctor (GP)
- Pharmacy
- Community health service
- Aboriginal health service
- Some local councils

Who can get a FREE flu vaccine?

You may be eligible if you are:

- A child between 6 months and 5 years old
- Aged 65 or older
- Pregnant
- A First Nations person
- Living with a health condition (e.g. diabetes)

Are there side effects?

- Most side effects are mild and last 1–2 days
- You may have a sore arm or feel tired
- You cannot get the flu from the vaccine

Need more information?

Visit the LMPHU website by scanning the QR code

