

GET PROTECTED






YOUR FLU VACCINE FACTSHEET

WHY SHOULD I GET THE FLU VACCINE?

- The flu vaccine can help protect you, and others from getting sick with influenza (“the flu”)
- The flu is an illness caused by the influenza virus and can make some people very sick
- The flu is easy to catch from others
- Anyone over 6 months old can get the flu vaccine



HOW CAN I GET THE FLU VACCINE?

- You can get the flu vaccine from your doctor, pharmacist, community health centre, or Aboriginal health service
- If getting to a clinic or pharmacy is hard for you, some services can give you the vaccine at home. Ask your provider if this is an option.
- Some people are more at risk of complications from the flu and are eligible for the free flu vaccine
 -  Children under 5 years old
 -  Adults over 65
 -  First Nations people
 -  Pregnant women
 -  People with chronic health conditions (e.g. diabetes)

WHEN SHOULD I GET THE FLU VACCINE?

- You should get the flu vaccine every year
- It is best to get the flu vaccine before winter, but you can have it any time of the year
- It is safe to have the flu vaccine at the same time as the COVID-19 vaccine

ARE THERE ANY SIDE EFFECTS?

- Some people may feel sick after they get any vaccine, this is called a side effect
- Most side effects are very mild and last 1 or 2 days
- Some more common side effects include:
 - Feeling tired
 - Pain on the arm where you got the vaccine
- You cannot get the influenza infection from the flu vaccine

Visit the LMPHU website by scanning the QR code



NEED MORE INFORMATION?

 Call the Loddon Mallee Public Health Unit: 1800 959 400

 Speak with your doctor or support person