

Don't risk the flu

Flu season is here, and it can be serious.

Choose to protect yourself and your loved ones by:

- **Coughing or sneezing into your elbow**
- **Washing your hands well with soap and water**
- **Staying home if you're feeling unwell**
- **Getting an annual flu vaccine**



Everyone six months and older is encouraged to get the flu vaccine as it helps reduce the risk of severe illnesses.

It is free for children between six months and five years old, pregnant people, all Aboriginal and Torres Strait Islander people over 6 months old, and anyone over 65 years of age

To learn more about protecting your community, visit:
www.bendigohealth.org.au/stay-well-this-winter

Access the Better Health channel here:
www.betterhealth.vic.gov.au/health/conditionsandtreatments/flu-influenza



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Visit the LMPHU website by scanning the QR code

