

The flu shot Do you need it?

Facts

- From 1 March, 2010, the Government made it easier for more people to get this year's free flu shot.
- Under the National Immunisation Program Aboriginal and Torres Strait Islander people over 15 years of age or children over 6 months with an existing medical condition can get the free flu shot.
- The free flu shot is now available from Aboriginal Medical Services, doctors and immunisation providers.
- Many Aboriginal and Torres Strait Islander people have medical conditions that will make them more likely to be very sick if they get the flu.
- Flu shots are the most effective way to help fight the spread of flu in the community.
- If you have had the swine flu shot, you still need to have the flu shot.

If you have any questions, talk to you doctor, Aboriginal Health Worker or nurse.

Current Contact List

State and Territory contact information

ACT	(02) 6205 2300
NSW	Contact the local Public Health Units (look under 'Health' in the White Pages)
NT	(08) 8922 8044
QLD	13 HEALTH (13 43 25 84)
SA	(08) 8226 7177
TAS	1800 671 738
VIC	1300 882 008
WA	(08) 9321 1312

National Aboriginal Community Controlled Health Organisation (NACCHO) Affiliates

ACT	02 6284 6222
NSW	02 9212 4777
NT	08 8944 6666
QLD	07 3255 3604
SA	08 8273 7200
TAS	03 6234 0700
VIC	03 9419 3350
WA	08 9227 1631



If you are over 15 years
of age, ask about
a FREE flu shot today!



An Australian, State and Territory
Governments initiative

www.immunise.health.gov.au



Australian Government

IMMUNISATION

If you are Aboriginal and/or Torres Strait Islander and over the age of 15 you need the flu shot.

What is the Flu?

The flu (influenza) is a virus which spreads from person to person through the air and on hands.

If you get the flu you may get a high fever, bad cough, joint pains, body aches, have difficulty breathing and feel really tired.

Most people only get sick for a week but some people get sicker and need to go to hospital.

The flu can cause pneumonia or bronchitis, and can make some existing illnesses worse. Some people can die from the flu.

Can the Flu be Prevented?

Yes, the flu can be prevented.

The flu shot protects you from three different types of flu.

But because the flu changes all the time, you need to get a flu shot every year.

Get Protected

It is best to get your flu shot in autumn. Then your body has time to protect itself before winter when the flu season starts.

You will not get flu from the flu shot.

You particularly need the flu shot if you are:

- 15 years of age or over
- Have a respiratory disease
- Pregnant
- Have an existing illness

Why?

People over the age of 15 are more likely to get the flu, as well as severe flu. The flu shot decreases hospitalisations and death.

Pregnant women are at higher risk of getting sicker with the flu. The flu shot is safe for pregnant women and will protect the baby.

People with an existing illness can get sicker with the flu. These illnesses include:

- heart disease
- lung conditions, such as asthma
- illnesses that mean you have to see a doctor more often, such as diabetes
- illnesses that you have been in hospital for in the past year

People with low immunity, and children aged 6 months to 10 years who are on aspirin as part of their treatment, also need to get the flu shot to protect their health.

All Aboriginal and Torres Strait Islander people can now have a FREE flu shot if you are aged 15 years and over, or a child 6 months or older with an existing medical condition.

