

# FACT SHEET

All patients in HNE Health hospitals are asked about their health habits. By having good health habits you can lower your chance of disease and improve quality of life.

## Get your influenza vaccination every year.

The influenza vaccination is for protection against influenza, which is commonly called 'the flu'.

The flu is a contagious disease. Some people get very sick. The flu can lead to complications and even death.

The influenza vaccination will help protect you and others against the flu.

**The influenza vaccination is available through your GP** and Aboriginal Medical Services (a consultation fee may apply).

**Get your influenza vaccination every year** to protect you against the most recent strain. It is best to have the vaccination as early as possible during the risk period (February - September).

**A free influenza vaccination** is available each year for:

- All people 65 years and over
- All Aboriginal and Torres Strait Islander people 15 years and over
- All pregnant women
- All people aged from 6 months who are at high risk\*

\*high risk includes those that drink heavily, smoke, have asthma, diabetes, chronic disease and other illnesses.

# Get your Influenza Vaccination

**Please know:  
You can't get the flu from  
the influenza vaccine**

**Your family can also benefit  
from the influenza vaccine**

Any person over 6 months of age who wishes to reduce their chance of becoming ill with the flu, or spreading it to others can be vaccinated

**Visit your local GP or  
Aboriginal Medical Service** for your vaccination.

**More information...**



Call the Immunise Australia Information Line on 1800 671 811



Visit the Immunise Australia website for more information. There is also information specific to Aboriginal and Torres Strait Islander people:

[www.immunise.health.gov.au](http://www.immunise.health.gov.au)

# FACT SHEET

All patients in HNE Health hospitals are asked about their health habits. By having good health habits you can lower your chance of disease and improve quality of life.

**Act now and get your pneumococcal vaccination.**

**The pneumococcal vaccination is for prevention against pneumonia** (lung infection) and a range of other infections that can affect your brain, spinal cord, blood and ears.

**People who are older or who have certain medical conditions are at higher risk** of contracting pneumococcal disease than the rest of the population.

Complications from pneumococcal disease may require going to hospital and sometimes can cause death.

Vaccination will help protect you and make sure you don't spread the disease to others.

## Free vaccination

Free vaccinations are available for:

- All people 65 years and over
- All Aboriginal and Torres Strait Islander people 50 years and over or at high risk\*

\* high risk includes those that drink heavily, smoke, have asthma, diabetes, chronic disease and other illnesses.

# Get your Pneumococcal Vaccination

**Get vaccinated at your GP or Aboriginal medical service**  
(A consultation fee may apply).

## When should I be vaccinated?

- From 65 years, then a booster dose 5 years later.
- From 50 years for Aboriginal and Torres Strait Islander people, then a booster dose 5 years later.
- For Aboriginal and Torres Strait Islander people at high risk, a second booster is needed at 50 years of age or 10 years after the first booster dose (whichever comes later).

## More information.....



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