

Flu season is almost here, but what's the best way to keep you and your family healthy this year?

It is no secret that winter will soon be upon us, with the promise of warm fires, winter woolies, football, netball, comfort food and wet, windy days.

Unfortunately, winter is also flu season. While you can catch flu (influenza) at any time, it is more likely in the colder months of the year, from April to October, with the peak season often being around August.

Now is the time to start thinking about winter and being aware of how you can protect yourself and your loved ones from catching influenza.

Keep reading to find out more:

- What is influenza?
- How can I avoid the flu?
- When should I get vaccinated?



What's the best way to keep the flu away?

Find out how you and your family
can stay healthy this flu season



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What is the flu?

Influenza (or flu), is an infection of the nose, throat and sometimes lungs caused by flu viruses. It spreads very easily and quickly between people through coughing, talking, sneezing and contact with contaminated hands, tissues and other infected items.

People of all ages can get the flu, and it can cause serious illness and complications for anyone, but some groups, such as older people, children and pregnant women are at even higher risk of serious flu infection, complications and hospitalisation.

That's why we need to keep ourselves and our family members healthy during flu season.

What's the best way to avoid the flu?

As we begin to emerge from the COVID-19 pandemic, with less lockdowns and restrictions, we encourage you to maintain good hygiene and practice social distancing.

A simple, safe and effective vaccination can help keep you and your family healthy across the winter months.

Ask your health professional or immunisation provider for details, or follow the QR code below.



When should I have a flu vaccination?

Ideally, as soon as possible.

The influenza vaccination is safe, with few side effects. An annual influenza vaccination is recommended for all people aged 6 months and over unless otherwise indicated.

Vaccinations are extremely important for vulnerable groups.

