

Media Release

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Stay well this winter – help stop the spread of flu and COVID-19

Central Queensland, Wide Bay, Sunshine Coast PHN has launched a winter wellness campaign encouraging everyone to get their flu shot as soon as possible to reduce their risk of contracting seasonal influenza this winter.

Flu vaccines are now available from general practices and pharmacies, and the Queensland Government recently announced that anyone in Queensland is now eligible for a free flu vaccine until 30 June.

Nothing changes for anyone who was already eligible for a free influenza vaccine under the National Immunisation Program, such as children between six months and five years old, people 65 and older, Aboriginal and Torres Strait Islander people, pregnant women, and people with medical conditions.

Central Queensland, Wide Bay, Sunshine Coast PHN GP Liaison Officer, Dr Jon Harper said flu vaccination remains a priority for all members of the community to ensure pressure on health resources is reduced.

“Although the flu vaccine won’t protect people from the COVID-19 virus, it will help reduce the chance of contracting the seasonal flu which may weaken a person’s immune system” Dr Harper said.

“Vaccination is the best way to prevent the flu and we encourage people to get vaccinated regardless of their current health condition. The more people that get vaccinated, the more protection there is for everyone.”

Dr Harper also encouraged the community to continue to be vigilant with good hygiene practices, to limit the spread of the flu.

“People should continue to practice good hygiene and always wash their hands correctly, cover their mouths and noses with a tissue when coughing and sneezing, dispose of their tissues into a bin, and stay at home if they are unwell,” Dr Harper said.

“Following good hygiene also ensures that those in the community who are vulnerable during winter and at risk of more serious complications from the flu, such as pregnant women and the very young, are better protected.”

“Now is the time to protect yourself and family members from the flu and COVID-19. Let’s help keep yourself and your loved ones safe this winter” he said.

Community members can receive both the COVID-19 and influenza vaccinations during the same visit at a GP or pharmacy.

For more information, visit the website: <https://www.ourphn.org.au/winter-wellness/>

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