

Where can I get my vaccine?

Visit your local Aboriginal Medical Service or immunisation provider.

Useful contact numbers

Alice Springs

Ngaanyatjarra Health Service
Phone: 8955 4700

Broome

Beagle Bay Community Health Service
Phone: 9192 4914

Bidyadanga Aboriginal Health Service
Phone: 9192 4885

Kimberley Aboriginal Medical Service Council Inc.
Phone: 9194 3200

Bunbury

South West Aboriginal Medical Service
Phone: 9797 8111

Carnarvon

Carnarvon Medical Service Aboriginal Corp.
Phone: 9941 2499

Derby

Derby Aboriginal Health Service
Phone: 9158 4200

East Perth

Derbarl Yerrigan Health Service
Phone: 9421 3888

Fitzroy Crossing

Nindilingarri Cultural Health Service
Phone: 9193 0093

Geraldton

Geraldton Regional Aboriginal Medical Service
Phone: 9956 6555

Halls Creek

Yura Yungi Medical Service Aboriginal Corp.
Phone: 9168 6266

Kalgoorlie

Bega Garnbirringu Health Service
Phone: 9022 5500

Kununurra

Ord Valley Aboriginal Health Service
Phone: 9166 2200

Newman

Puntukurnu Aboriginal Medical Service
Phone: 9177 8307

Medina

Moorditj Koort Health & Wellness Centre
Phone: 6174 7000

Perth metro

Moort Boodjari Mia
Phone: 9278 9901

Roebourne

Mawarnkarra Health Service Aboriginal Corp.
Phone: 9182 0850

South Hedland

Wirraka Maya Health Service Aboriginal Corp.
Phone: 9172 0400

Wiluna

Ngangganawili Aboriginal Health Service
Phone: 9981 8600

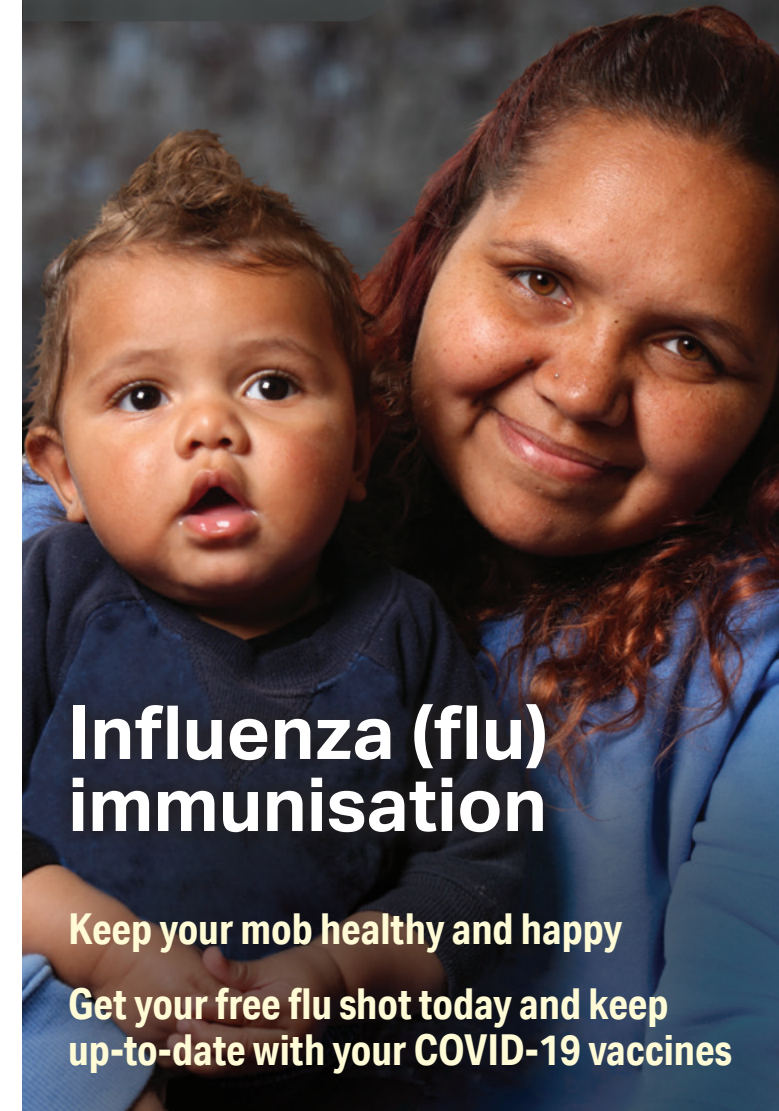
This document can be made available
in alternative formats.

Produced by Communicable Disease Control Directorate
© Department of Health 2023

Copyright to this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the *Copyright Act 1968*, no part may be reproduced or re-used for any purposes whatsoever without written permission of the State of Western Australia.



Department of
Health



Influenza (flu) immunisation

Keep your mob healthy and happy

Get your free flu shot today and keep
up-to-date with your COVID-19 vaccines



GET
VACCINATED



COVER
COUGHS



WASH
HANDS



CLEAN
SURFACES



STAY
AT HOME

IMM-013132 APR'23

healthywa.wa.gov.au/immunisation

What is influenza (flu)?

The influenza virus spreads from one person to another through coughing or sneezing, or by touching things and surfaces with influenza germs and then touching your mouth or nose. If you get the influenza virus, you might get a high fever, bad cough, joint pains, body aches, have trouble breathing and feel really tired.

Even fit and healthy people, especially children, can get very sick from influenza. The influenza virus can cause a serious infection in the lungs and can make chronic health conditions worse. Some people can even die from the influenza virus.

How can I avoid getting sick from influenza?

- **Get an influenza vaccination every year.** The influenza virus changes all the time, so you need to get a new influenza vaccination every year.
- **Wash your hands with soap and water often.** This is especially important after you cough or sneeze. If you do not have access to water and soap, you can use an alcohol-based sanitiser.
- **Cover your mouth and nose when you cough or sneeze.** It's best to cough and sneeze into the inside of your elbow. This helps stop the germs from getting onto your hands, where they can easily spread to other people. If this is not possible, use a tissue and then throw it away and wash your hands.
- **Keep your distance.** If you are feeling sick, try to stay away from others like small babies, people with chronic illnesses and pregnant people until you feel better. Germs spread more easily when you are close to other people.

Influenza vaccine

Aboriginal people aged 6 months and older can get a free influenza vaccine. The influenza vaccine protects your health, particularly if you are pregnant or have a chronic condition such as heart disease, diabetes, lower immunity, kidney or liver disease, or lung conditions such as asthma.

Influenza vaccines are the best way to help fight the spread of influenza in your family and the community.

You cannot get influenza from the influenza vaccine because the vaccine does not contain live germs.

What if I am pregnant?

If you are pregnant and catch influenza, you are twice as likely to be admitted to hospital than other people who have influenza.

As a parent, you are the most important person to be vaccinated to protect yourself and your unborn baby for their first few months after birth. The influenza vaccine is safe for pregnant people and you can get it at any stage of pregnancy.

Pregnant people who are immunised during pregnancy have a reduced risk of stillbirth.

Their babies are also less likely to go to hospital for influenza-related illness.

When is the best time to get the influenza vaccine?

For best protection against influenza, it is strongly advised to get the influenza vaccine every year before the influenza season starts in the cooler months. However, it's never too late to get vaccinated. The influenza virus is constantly changing, and the vaccine changes accordingly.

Keep up-to-date with your COVID-19 vaccinations

It's also important to be vaccinated against COVID-19 to protect yourself and your community. This is because you can get the influenza and COVID-19 viruses at the same time which can make you very sick.

COVID-19 is a different virus to influenza, so you need different vaccines. You can get the influenza vaccine and a COVID-19 vaccine at the same time or at different visits.

COVID-19 vaccines are safe including for pregnant and breastfeeding people. When a pregnant person is vaccinated, the baby is protected too.

What are the risks?

Vaccines, like any medicine, can cause side effects. These may range from mild to more serious reactions.

Common, mild reactions can include slight fever, aches and soreness, or redness or swelling where the vaccine was given. If this occurs, they usually begin soon after the vaccine was given, last one to 2 days, and resolve without specific treatment.

Serious reactions such as severe allergic reactions are very rare. If this occurs you should call an ambulance and go to your nearest emergency department immediately. If you have any questions, talk to your immunisation provider.