

## Where can I get my flu shot?

Aboriginal people 6 months and older can get a free flu shot.

Visit your local Aboriginal Medical Service, doctor or community immunisation clinic.

## Useful contact numbers

### Alice Springs

**Ngaanyatjarra Health Service**

Phone: 8955 4700

### Broome

**Beagle Bay Community Health Service**

Phone: 9194 3200

**Bidyadanga Aboriginal Health Service**

Phone: 9194 3200

**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: 9168 1288

### Newman

**Puntuturnu 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 7063

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Department of Health

# Flu immunisation

Keep your mob healthy and happy

Get your free flu shot today

[healthywa.wa.gov.au/immunisation](http://healthywa.wa.gov.au/immunisation)

## What is the flu?

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

Flu is more serious in pregnant women, babies, older people, and people with chronic health conditions affecting their heart, lungs or kidneys. However, even fit and healthy people, especially children, can get very sick from the flu. The flu can cause a serious infection in the lungs and can make chronic health conditions worse. Some people can even die from the flu.

## How can I avoid getting sick from the flu?

### Aboriginal people 6 months and older can get a free flu vaccination.

- **Have a flu shot every year.** The flu virus changes all the time, so you need to get a new flu vaccination every year.
- **Wash your hands with soap and water often.** This is especially important after you have been sneezing and coughing.
- **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 women until you feel better. Germs spread more easily when you are close to other people.



## Flu vaccine

Aboriginal people aged 6 months and older can get a free flu vaccination. The flu shot 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.

The flu can be very serious, and can mean you need to go to hospital for treatment. It can even cause death.

Flu shots are the best way to help fight the spread of flu in your family and the community.

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

## What if I am pregnant?

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

As a mum, you are the most important person to be vaccinated to protect yourself and your unborn baby. The flu shot is safe for pregnant women and you can get it at any stage of pregnancy.

Pregnant women who are immunised during pregnancy have a reduced risk of stillbirth. Getting the flu shot will also protect your newborn baby in the first few months after birth when they are too young to be vaccinated themselves. Babies of mums who get their flu shot during pregnancy are also less likely to go to hospital for flu-related illness.

## When is the best time to get the flu shot?

You can receive the flu vaccine at any stage of your pregnancy, however, this year, due to the COVID-19 pandemic it is advised to get the flu shot as soon as it is available.

## What are the risks?

Any medicine, including a vaccine, has the chance of causing a reaction. These may range from mild to more serious reactions. However, the risk is very small.

**Common, mild reactions** can occur after getting the flu vaccine. These can include slight fever, aches and soreness, or redness or swelling where the shot was given. If these problems occur, they usually begin soon after the shot was given, last one to two days, and resolve without specific treatment.

**Serious reactions** such as severe allergic reactions from a flu shot can occur, but are very rare. People experiencing an extreme reaction should call an ambulance and see a doctor immediately. Consult your doctor if you experience any other unusual symptoms after the flu shot, such as high fever, convulsion and/or behaviour changes.

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