

Viruses are around.
Help keep your mob strong
this winter.



Influenza and COVID-19 are serious illnesses.

Vaccination reduces the risk of you and your mob getting really sick this winter. Get your free* influenza (flu) shot and stay up to date with your recommended COVID-19 vaccinations.

- Flu shots are free for all Aboriginal people 6 months and over.
- COVID-19 vaccines are free for all Aboriginal people who are eligible.

Speak to your doctor, pharmacist, Aboriginal healthcare worker or Aboriginal Medical Service today.

Doing these simple things can keep you and your community safe and strong this winter:

- Stay at home if unwell
- Wash or sanitise your hands frequently

Find out more at
health.nsw.gov.au/winter



*Some providers may charge an administration or consultation fee.