

Respiratory illness resources

NSW Health

Communication toolkit

April 2026

Contents

- 2026 Influenza Vaccination
- 2026 65+ Respiratory illness
- Flu Vaccination Prompt Pack*

2026 Influenza Vaccination

NSW Health

Communication toolkit

April 2026

Purpose of this toolkit

NSW Health is pleased to share with you the **2026 Influenza Vaccination Campaign** toolkit. This campaign aims to raise awareness of the importance of flu vaccination during winter, to help increase uptake of the flu vaccine among all of population in NSW, particularly at-risk audiences. The flu vaccine is recommended for everyone aged 6 months and over and offers the best protection from getting really sick.

The key links are:

- **Book a flu vaccine:** healthdirect.gov.au/nswfluvaccine
- **For more information about influenza:** health.nsw.gov.au/influenza

Thank you for your ongoing support to help protect the NSW community.

Contacts

Public Health Communications & Behaviour Change

Strategic Communications & Engagement, NSW Ministry of Health

MOH-phab@health.nsw.gov.au

1

Digital resources for community

Social media

Social media tiles are available [here](#).



Gen Pop

Protect yourself and others this winter.

[Download here](#)

Suggested copy:

Influenza is serious, but it isn't as scary if you're vaccinated. Protect yourself and others from influenza.

Your yearly flu vaccine offers you the best protection from serious illness and is available from your GP or pharmacy.

Getting a flu vaccine is safe and easy and recommended for everyone aged 6 months and over. Everyone aged 2 years and over can get a flu vaccine at a pharmacy.

Book your flu vaccine at your GP or pharmacy today: www.healthdirect.gov.au/nswfluvaccine



Parents

Protect you and your family this winter.

[Download here](#)

Suggested copy:

Influenza is serious, but it isn't as scary if you're vaccinated. Protect your child and others from influenza. A flu vaccine offers your child the best protection from serious illness.

The flu vaccine is free for children under 5 years and recommended for everyone aged 6 months and over.

Getting a flu vaccine is safe and easy. Everyone aged 2 years and over can get a flu vaccine at a pharmacy.

Book your flu vaccine at your GP or pharmacy today: www.healthdirect.gov.au/nswfluvaccine



Pregnancy

Protect you and your baby this winter.

[Download here](#)

Suggested copy:

Influenza is serious, but it isn't as scary if you're vaccinated. Protect yourself and your unborn baby from influenza.

The flu vaccine is safe at any stage during pregnancy, and free for pregnant women.

A flu vaccine protects the newborn baby against influenza during the first six months of life and is recommended for everyone aged 6 months and over.

Book your free flu vaccine at your GP or pharmacy today: www.healthdirect.gov.au/nswfluvaccine

Social media

Aboriginal people
Social media tiles are available [here](#).



Aboriginal people
Protect you and your mob this winter.
[Download here](#)

Suggested copy:

Influenza is serious, but it isn't as scary if you're vaccinated. Protect yourself and your mob from influenza.

Get your free flu vaccine to keep you and your mob strong this winter.

Your yearly flu vaccine is the best way to protect you from serious illness and is recommended for everyone aged 6 months and over.

It is quick, easy, safe and free for all Aboriginal people 6 months and over.

Book your free flu vaccine at your Aboriginal Medical Service (AMS), doctor or pharmacy today:
www.healthdirect.gov.au/nswfluvaccine

Social media

In-language: Arabic, Chinese – Simplified, Korean, Vietnamese
Digital versions of our social tiles are available [here](#).



Gen Pop
Protect yourself and others this winter.
Languages available:
Arabic, Chinese – Simplified,
Vietnamese, Korean



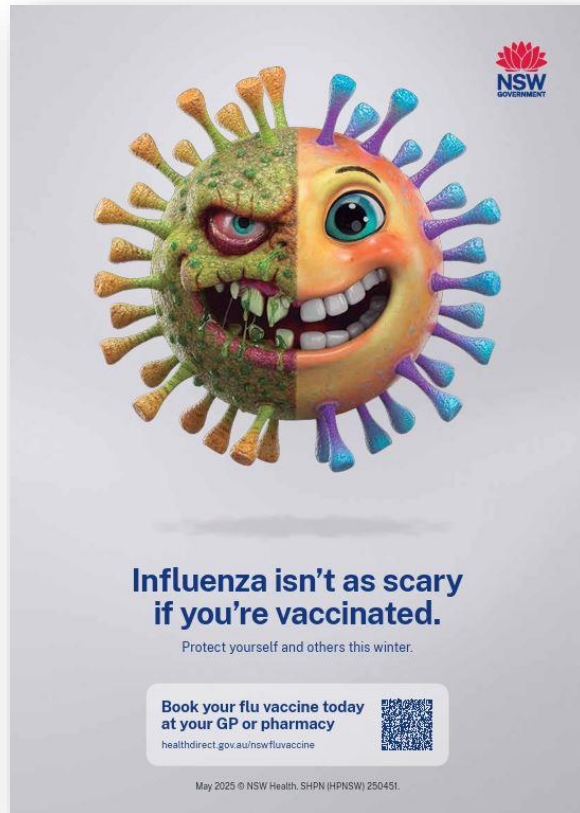
Parents
Protect you and your family this winter.
Languages available:
Arabic, Chinese – Simplified,
Vietnamese, Korean



Pregnancy
Protect you and your baby this winter.
Languages available:
Arabic, Chinese – Simplified,
Vietnamese, Korean

A4 Posters

Digital versions of our posters are available [here](#).



Gen Pop
Protect yourself and others this winter.
[Download here](#)



Parents
Protect you and your family this winter.
[Download here](#)



Pregnancy
Protect you and your baby this winter.
[Download here](#)

A4 Posters

Aboriginal people
Digital versions of our posters are available [here](#).



Aboriginal
Protect you and your mob this winter.
[Download here](#)

A4 Posters

In-language: Arabic, Chinese – Simplified, Korean, Vietnamese
Digital versions of our posters are available [here](#).



Gen Pop
Protect yourself and others this winter.
Languages available:
Arabic, Chinese – Simplified,
Vietnamese, Korean



Parents
Protect you and your family this winter.
Languages available:
Arabic, Chinese – Simplified,
Vietnamese, Korean



Pregnancy
Protect you and your baby this winter.
Languages available:
Arabic, Chinese – Simplified,
Vietnamese, Korean

Digital Screen

Gen Pop

Digital Screen image is available [here](#).




NSW
GOVERNMENT

Influenza isn't as scary if you're vaccinated.

Protect yourself and others this winter.

**Book your flu vaccine today
at your GP or pharmacy**

healthdirect.gov.au/nswfluvaccine

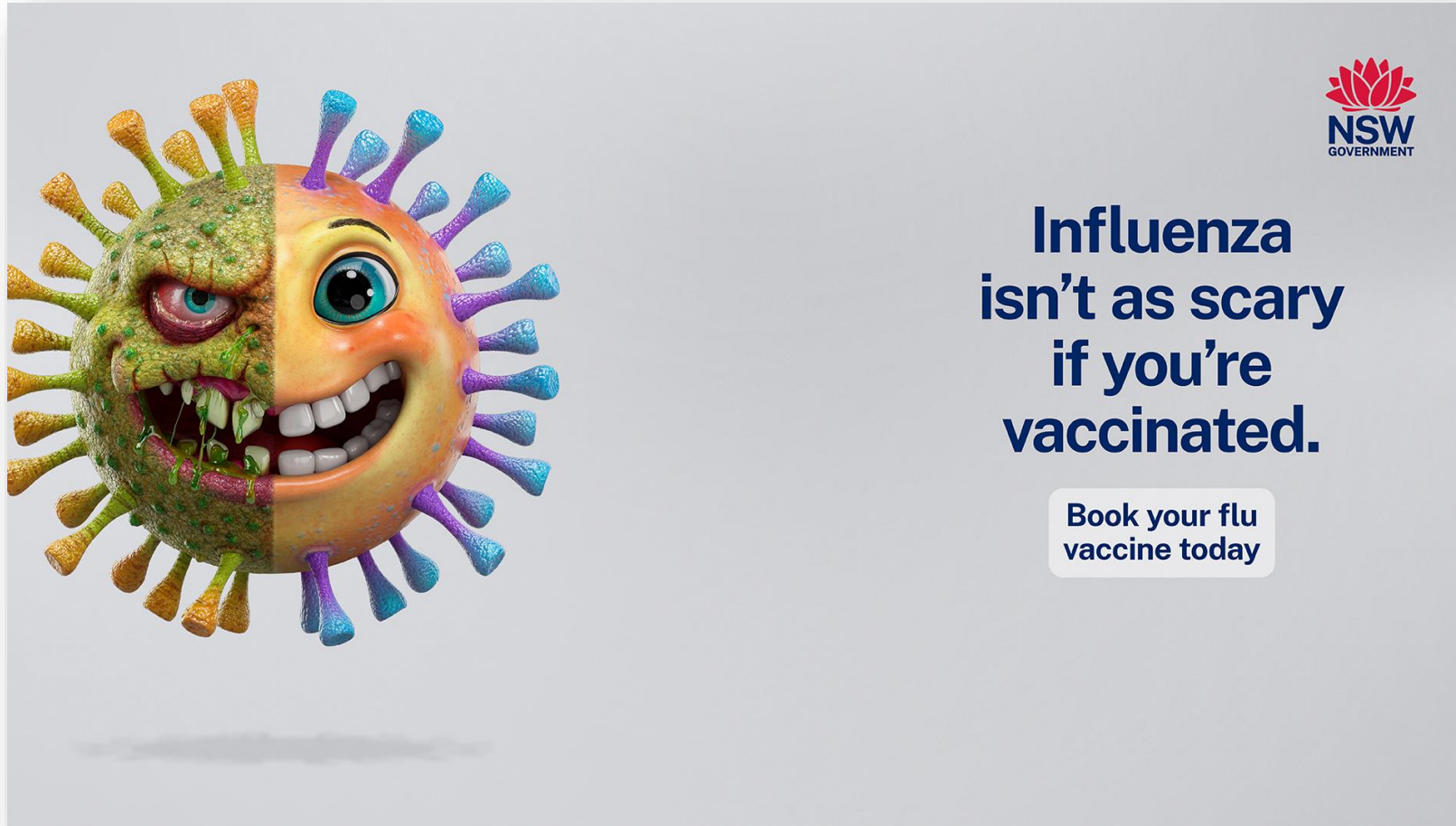


Gen Pop
Protect yourself and other this winter.
[Download here](#)

Teams background

Gen Pop

Teams background image is available [here](#).



Gen Pop
Protect yourself and other this winter.
[Download here](#)

Email Signature

Gen Pop

Email Signature image is available [here](#).



Gen Pop

Protect yourself and other this winter.

[Download here](#)

Newsletter Copy

Gen Pop & Aboriginal
Newsletter copy available [here](#).



Gen Pop

Heading: Protect yourself and others this winter

Copy:

Influenza is serious, but it isn't as scary if you're vaccinated. Protect yourself and others from influenza. Your yearly flu vaccine offers you the best protection from serious illness.

Getting a flu vaccine is safe, easy and recommended for everyone aged 6 months and over.

The flu vaccine is free for people who are most at risk of severe illness, including:

- Children aged 6 months to under five years
- People aged 65 and over
- Aboriginal people from 6 months of age
- Pregnant women
- Those with serious health conditions such as diabetes, cancer, immune disorders, obesity, severe asthma, kidney, heart, lung or liver disease.

Everyone aged 2 years and older can get a flu vaccine at a pharmacy.

Book your flu vaccine at your GP or pharmacy today:
healthdirect.gov.au/nswfluvaccine

For more information, visit health.nsw.gov.au/influenza

Aboriginal

Heading: Protect yourself and your mob this winter

Copy:

Influenza is serious, but it isn't as scary if you're vaccinated. Protect yourself and your mob from influenza. Get your free flu vaccine to keep you and your mob strong this winter.

Your yearly flu vaccine is the best way to protect you from serious illness and is recommended for everyone aged 6 months and over.

It is quick, easy, safe and free for all Aboriginal people 6 months and over. Everyone aged 2 years and older can get a flu vaccine at a pharmacy.

Book your free flu vaccine at your Aboriginal Medical Service (AMS), doctor or pharmacy today: healthdirect.gov.au/nswfluvaccine

For more information, visit health.nsw.gov.au/influenza

2026 65+ Respiratory Illness

NSW Health

Communication toolkit

April 2026

Purpose of this toolkit

NSW Health is pleased to share with you the **2026 65+ Respiratory Illness Campaign** toolkit. This campaign aims to raise awareness of the important role vaccinations play in protecting the older community from serious illness in the winter months. This is achieved by drawing emphasis to all the things older people miss out on when they're unwell, including time with the family, gatherings with friends and travel.

The key links are:

- **For more information about respiratory illness:** health.nsw.gov.au/respiratory
- **Book a flu vaccine:** healthdirect.gov.au/nswfluvaccine

Thank you for your ongoing support to help protect the NSW community.

Contacts

Public Health Communications & Behaviour Change

Strategic Communications & Engagement, NSW Ministry of Health

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Digital resources for community

Social media

Social media tiles are available [here](#).



Grandparents
[Download here](#)



Getaways
[Download here](#)



Catch ups
[Download here](#)



Grandparents
[Download here](#)

Suggested copy:

Getting vaccinated for winter is the best way to protect yourself and others from serious illness.

Respiratory illnesses like COVID-19, Influenza and RSV are serious, especially for people aged 65 and over. So don't miss a thing this winter, talk to your GP, pharmacist or Aboriginal Medical Service about getting the vaccines that are right for you.

Learn more at health.nsw.gov.au/respiratory

Digital Screen

Gen Pop

Digital Screen image is available [here](#).



We're vaccinated for winter
so we don't miss a thing



Talk to your GP or
pharmacist about
getting the vaccines
that are right for you.



Vaccinate.
health.nsw.gov.au/respiratory

The advertisement is split into two vertical panels. The left panel has a light purple background and features a photograph of an elderly woman and man smiling at a young boy who is laughing. The right panel has a dark purple background and contains the NSW Government logo, promotional text, a QR code, and a website link.

Grandparents
[Download here](#)

A4 Posters

Digital versions of our posters are available [here](#).



Grandparents
[Download here](#)



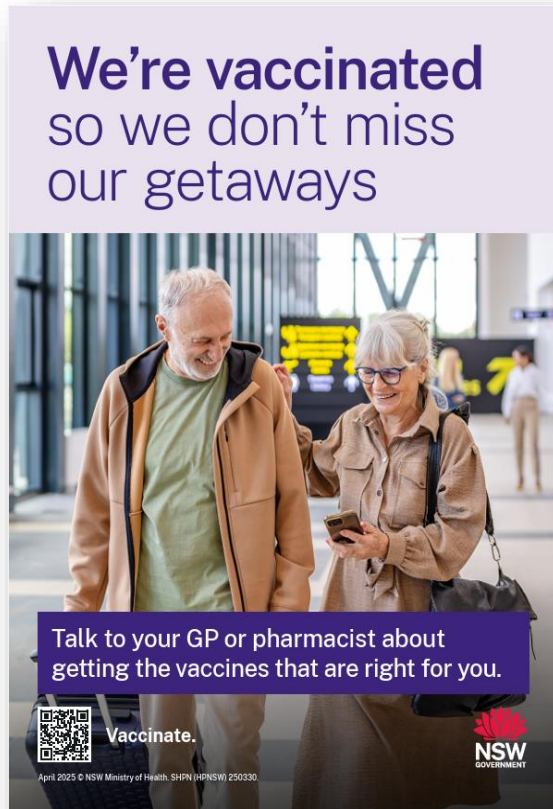
Grandparents
[Download here](#)



Grandparents
[Download here](#)

A4 Posters

Digital versions of our posters are available [here](#).



Getaways
[Download here](#)



Getaways
[Download here](#)

A4 Posters

Digital versions of our posters are available [here](#).



Catch ups
[Download here](#)

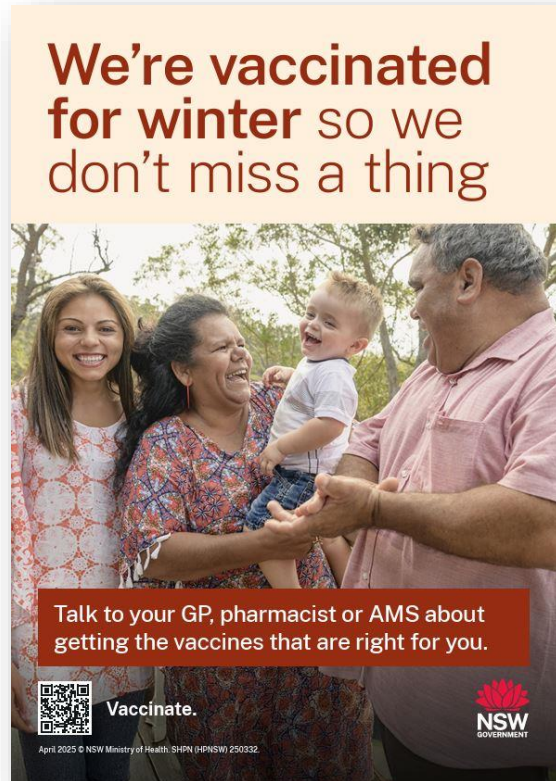


Catch ups
[Download here](#)

A4 Posters

Aboriginal people

Digital versions of our posters are available [here](#).



Aboriginal - Grandparents
[Download here](#)



Aboriginal - Grandparents
[Download here](#)

A4 Posters

In-language: Arabic, Chinese – Simplified, Vietnamese
Digital versions of our posters are available [here](#).

لقد تلقينا لقاحات الشتاء
حتى لا يفوتنا شيء



استشيروا طبيبك الم العام أو الصيدلي بشأن تلقي
اللقاحات المناسبة لكم.

احصلوا على اللقاحات.



April 2025 © NSW Ministry of Health, SHPN (HPNSW) 250235.

[Grandparents
Download Arabic](#)

我们都接种了冬季
疫苗，所以不会错
过防疫良机。



请向全科医生或药剂师咨询如何接种适合
您的疫苗。

接种疫苗。



April 2025 © NSW Ministry of Health, SHPN (HPNSW) 250334.

[Grandparents
Download Chinese – Simplified](#)

Chúng ta chích ngừa khi
mùa đông tới để không
bỏ lỡ bất cứ chuyện gì



Hỏi bác sĩ gia đình hoặc dược sĩ về các loại
chích ngừa phù hợp cho quý vị.

Chích ngừa



April 2025 © NSW Ministry of Health, SHPN (HPNSW) 250400.

[Grandparents
Download Vietnamese](#)

Influenza (flu) Vaccination Prompt Pack

NSW Health

Communication toolkit

April 2026

Purpose of this toolkit

NSW Health is pleased to share with you the **Flu Vaccination Prompt Pack assets** for healthcare and workplace settings. These materials are designed to help encourage uptake of the flu vaccination.

These materials are evergreen and can be used throughout winter.

The **printed materials** are available to order from the Better Health Centre free of charge (including delivery).

The key links are:

- **Resource order form (printed materials):** <https://forms.office.com/r/tczg3FNQKM>
- **For more information about respiratory illness:** health.nsw.gov.au/respiratory
- **Book a flu vaccine:** healthdirect.gov.au/nswfluvaccine

Thank you for your ongoing support to help protect the NSW community.

Contacts

Public Health Communications & Behaviour Change

Strategic Communications & Engagement, NSW Ministry of Health

MOH-phab@health.nsw.gov.au

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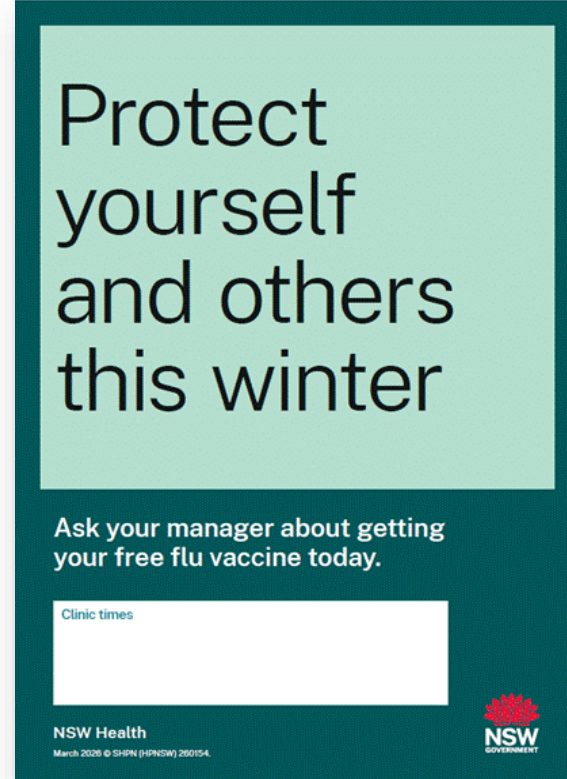
Workplace Resources

Workplace resources

Digital versions of our resources are available [here](#).



A4 Poster
Ask about - workplace
[Download here](#)



A4 Poster
Clinic dates - workplace
[Download here](#)



Digital Screen
Ask about - workplace
[Download here](#)

Newsletter Copy for Workplace

Heading:

Protect yourself and others this winter

Copy:

Influenza is serious, but it isn't as scary if you're vaccinated.

Your yearly flu vaccine offers you the best protection from serious illness.

Getting a flu vaccine is safe, easy and recommended for everyone aged 6 months and over.

Ask your manager about getting your free flu vaccine today.

Book your free flu vaccine today: [insert workplace URL]

For more information about influenza, visit www.health.nsw.gov.au/influenza

2

Nasal spray flu vaccine Resources

Nasal Spray Flu Vaccine resources

Digital versions of our resources are available [here](#).



If your child is 2, 3 or 4 years old, they can get a free nasal spray flu vaccine

Protect your child against influenza this winter.

[Book now](#)



Social Tile
Gen pop
[Download here](#)

Suggested copy:

Influenza (flu) is serious but isn't as scary if you're vaccinated. A flu vaccine offers you and your child the best protection from serious illness.

The yearly flu vaccine is free for children aged 6 months to under 5 years, Aboriginal children aged 6 months and over, and children with serious health conditions. It is recommended for everyone aged six months and over.

If your child is 2, 3 or 4 years old, they can get a free nasal spray flu vaccine in NSW. It is gentle, painless, and needle-free. Book your family's flu vaccine today.

Learn more www.health.nsw.gov.au/kidsfluvaccine

Book your child's flu vaccine today.
www.healthdirect.gov.au/nswfluvaccine

Free nasal spray flu vaccine for children aged 2, 3 and 4 years old

Protect your child against influenza this winter.

[Book now](#)



Social Tile
Gen pop
[Download here](#)

Free nasal spray flu vaccine for children aged 2, 3 and 4 years old

Protect your bub against influenza this winter.

[Book now](#)



Social Tile
Aboriginal
[Download here](#)

Suggested copy:

Influenza (flu) is serious but isn't as scary if you're vaccinated. A flu vaccine offers you and your mob the best protection from serious illness.

The yearly flu vaccine is free for all Aboriginal people aged 6 months and over and recommended for everyone aged 6 months and over.

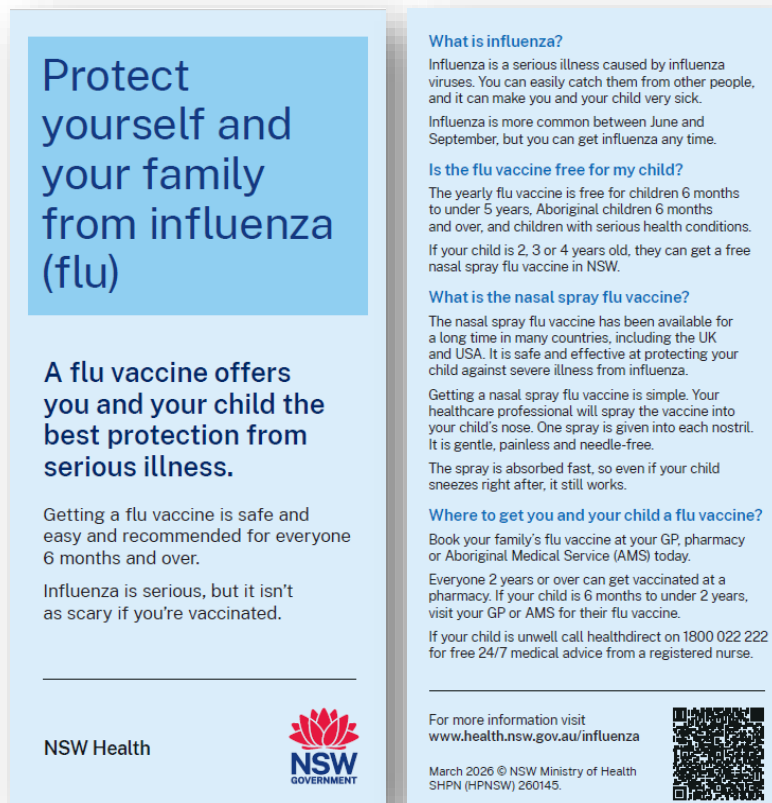
If your bub is 2, 3 or 4 years old, they can get a free nasal spray flu vaccine in NSW. It is gentle, painless, and needle-free. Book your family's flu vaccine today.

Learn more.
www.health.nsw.gov.au/kidsfluvaccine

Book your flu vaccine today.
www.healthdirect.gov.au/nswfluvaccine

Nasal Spray Flu Vaccine resources

Printed versions of our flyers are available for order [here](#).




Protect yourself and your family from influenza (flu)

A flu vaccine offers you and your child the best protection from serious illness.

Getting a flu vaccine is safe and easy and recommended for everyone 6 months and over.

Influenza is serious, but it isn't as scary if you're vaccinated.

NSW Health 

What is influenza?
Influenza is a serious illness caused by influenza viruses. You can easily catch them from other people, and it can make you and your child very sick.

Influenza is more common between June and September, but you can get influenza any time.

Is the flu vaccine free for my child?
The yearly flu vaccine is free for children 6 months to under 5 years, Aboriginal children 6 months and over, and children with serious health conditions. If your child is 2, 3 or 4 years old, they can get a free nasal spray flu vaccine in NSW.

What is the nasal spray flu vaccine?
The nasal spray flu vaccine has been available for a long time in many countries, including the UK and USA. It is safe and effective at protecting your child against severe illness from influenza.


Getting a nasal spray flu vaccine is simple. Your healthcare professional will spray the vaccine into your child's nose. One spray is given into each nostril. It is gentle, painless and needle-free.

The spray is absorbed fast, so even if your child sneezes right after, it still works.

Where to get you and your child a flu vaccine?
Book your family's flu vaccine at your GP, pharmacy or Aboriginal Medical Service (AMS) today.

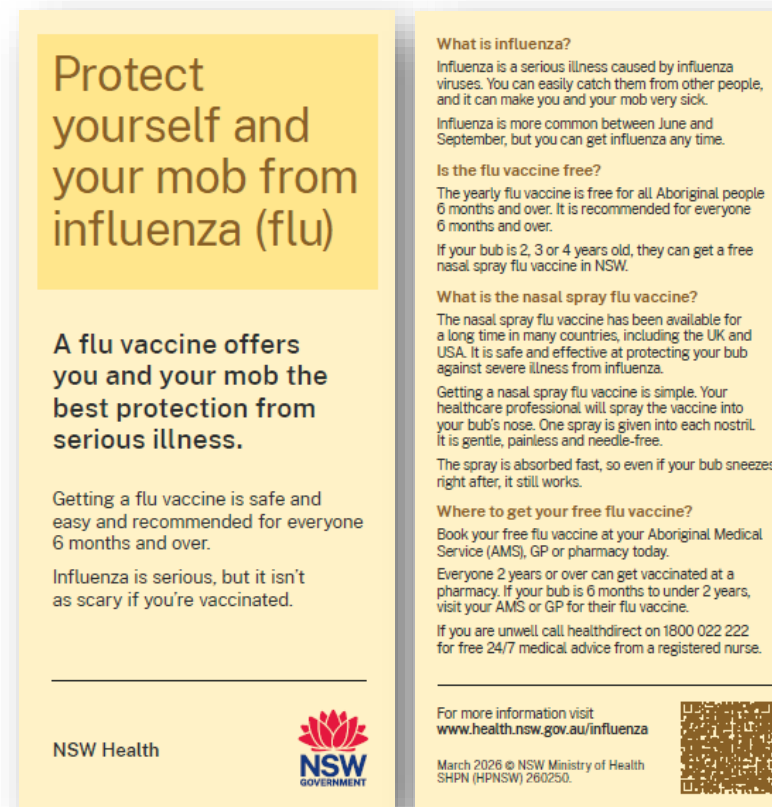
Everyone 2 years or over can get vaccinated at a pharmacy. If your child is 6 months to under 2 years, visit your GP or AMS for their flu vaccine.

If your child is unwell call healthdirect on 1800 022 222 for free 24/7 medical advice from a registered nurse.

For more information visit www.health.nsw.gov.au/influenza 

March 2026 © NSW Ministry of Health
SHPN (HPNSW) 260145.

DL Flyer
Gen Pop
[Order here](#)




Protect yourself and your mob from influenza (flu)

A flu vaccine offers you and your mob the best protection from serious illness.

Getting a flu vaccine is safe and easy and recommended for everyone 6 months and over.

Influenza is serious, but it isn't as scary if you're vaccinated.

NSW Health 

What is influenza?
Influenza is a serious illness caused by influenza viruses. You can easily catch them from other people, and it can make you and your mob very sick.

Influenza is more common between June and September, but you can get influenza any time.

Is the flu vaccine free?
The yearly flu vaccine is free for all Aboriginal people 6 months and over. It is recommended for everyone 6 months and over.

If your bub is 2, 3 or 4 years old, they can get a free nasal spray flu vaccine in NSW.

What is the nasal spray flu vaccine?
The nasal spray flu vaccine has been available for a long time in many countries, including the UK and USA. It is safe and effective at protecting your bub against severe illness from influenza.


Getting a nasal spray flu vaccine is simple. Your healthcare professional will spray the vaccine into your bub's nose. One spray is given into each nostril. It is gentle, painless and needle-free.

The spray is absorbed fast, so even if your bub sneezes right after, it still works.

Where to get your free flu vaccine?
Book your free flu vaccine at your Aboriginal Medical Service (AMS), GP or pharmacy today.

Everyone 2 years or over can get vaccinated at a pharmacy. If your bub is 6 months to under 2 years, visit your AMS or GP for their flu vaccine.

If you are unwell call healthdirect on 1800 022 222 for free 24/7 medical advice from a registered nurse.

For more information visit www.health.nsw.gov.au/influenza 

March 2026 © NSW Ministry of Health
SHPN (HPNSW) 260250.

DL Flyer
Aboriginal
[Order here](#)

Newsletter Copy for Nasal Spray Flu Vaccine

Heading:

Protect your child from influenza

Copy:

Influenza (flu) can make children very sick, especially those under 5 years old.

A flu vaccine is the best way to protect your child and help keep others safe too. Getting a flu vaccine is safe, easy and recommended for everyone aged 6 months and over.

The flu vaccine is free for children 6 months to under 5 years.
If your child is 2, 3 or 4 years old they can get the free nasal spray flu vaccine.

Speak to your GP, pharmacist, or Aboriginal Medical Service about what is best for your child.

Book your flu vaccine today: www.healthdirect.gov.au/nswfluvaccine

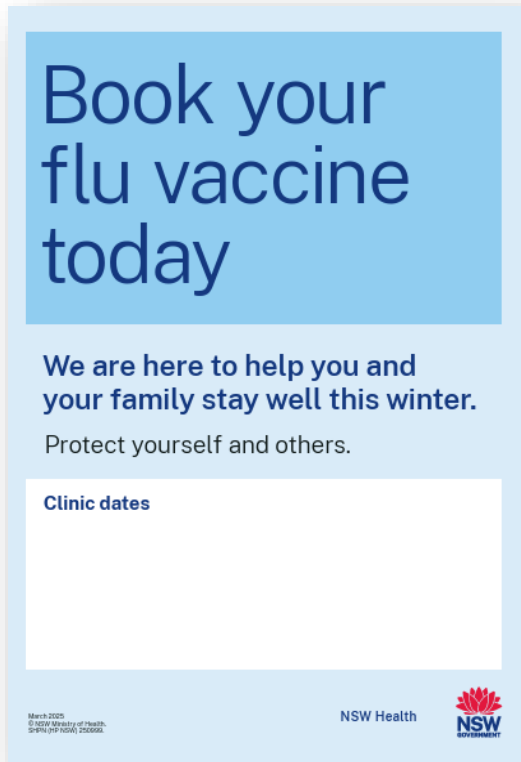
Find out more: www.health.nsw.gov.au/kidsfluvaccine

3

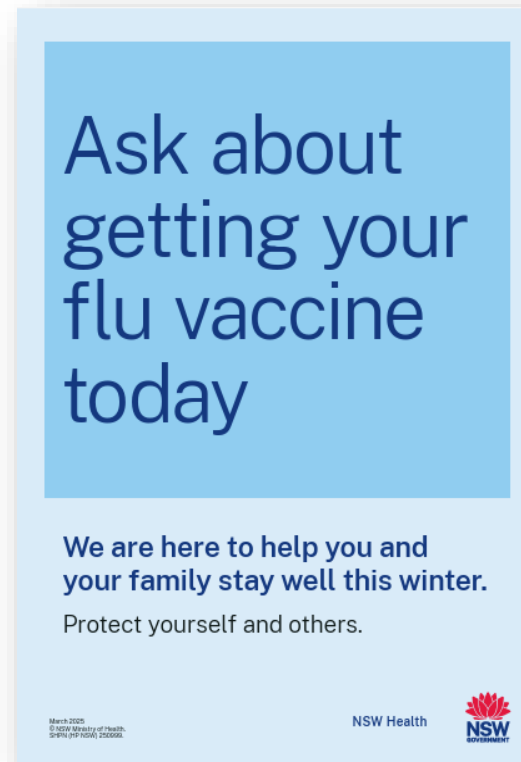
Healthcare - Digital Resources

A4 Posters

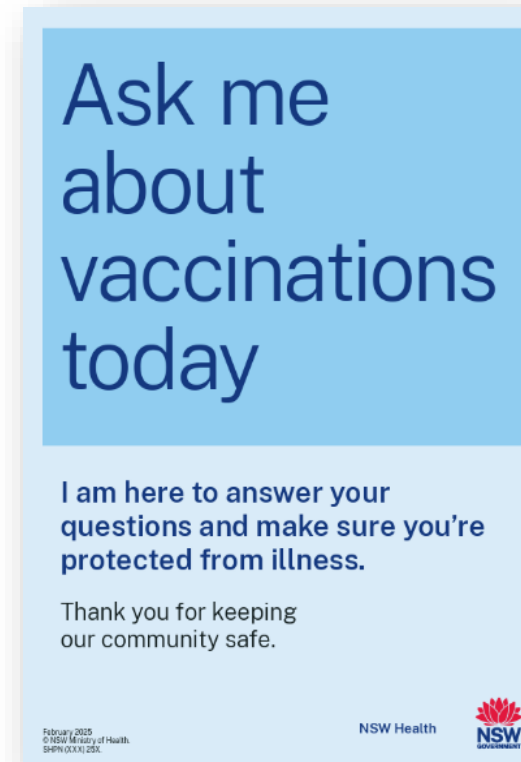
Digital versions of our posters are available [here](#).



Clinic Dates
[Download here](#)



Ask about
[Download here](#)

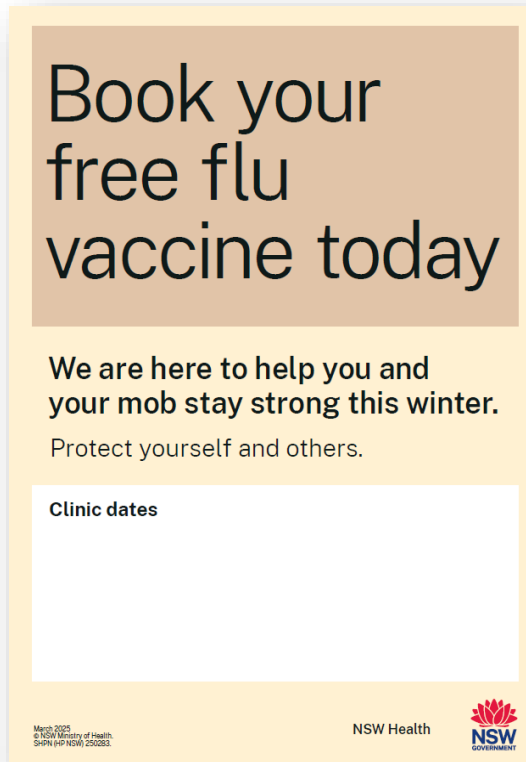


Don't forget to ask
[Download here](#)

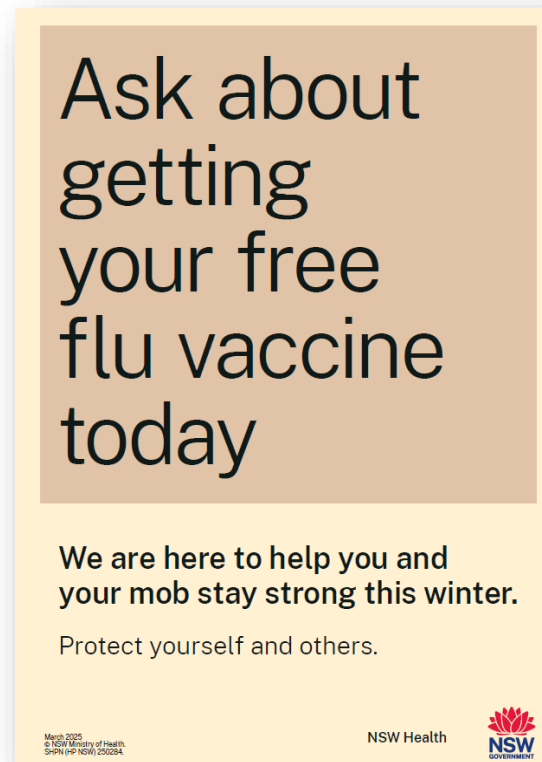
A4 Posters

Aboriginal people

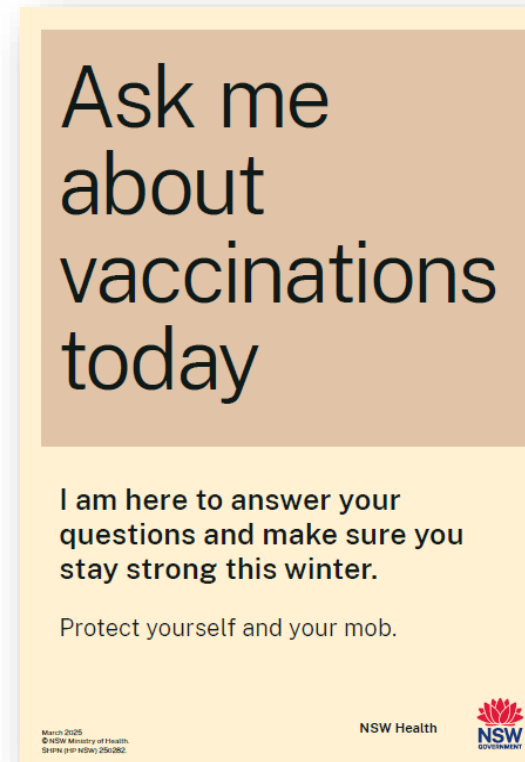
Digital versions of our posters are available [here](#).



Aboriginal people - Clinic Dates
[Download here](#)



Aboriginal people - Ask about
[Download here](#)



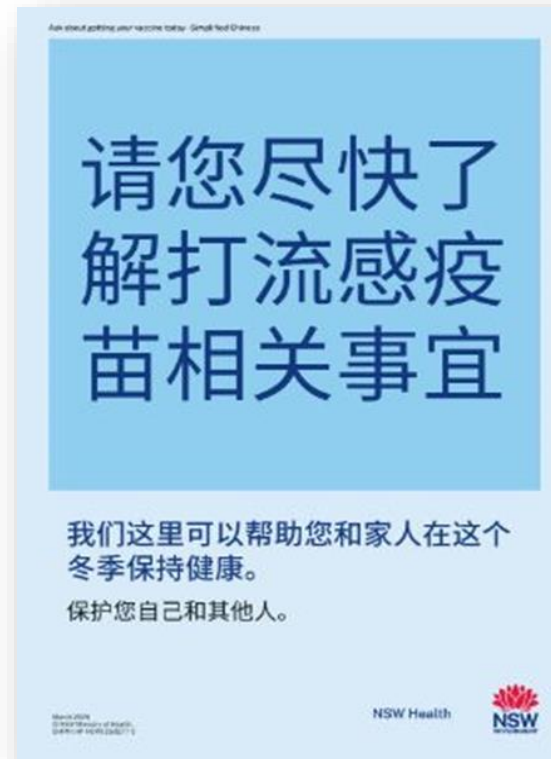
Aboriginal people – Don't forget to ask
[Download here](#)

A4 Posters

In-language: Arabic, Chinese – Simplified, Korean, Vietnamese
Digital versions of our posters are available [here](#).



Clinic Dates
Languages available:
Arabic, Chinese – Simplified,
Vietnamese, Korean



Ask about
Languages available:
Arabic, Chinese – Simplified,
Vietnamese, Korean



Don't forget to ask
Languages available:
Arabic, Chinese – Simplified,
Vietnamese, Korean

Digital Screens

Digital versions of our screens are available [here](#).

Book your flu vaccine today

**We are here to help you and
your family stay well this winter.**

Protect yourself and others.

NSW Health



Book today

[Download here](#)

Ask about getting your flu vaccine today

**We are here to help you and
your family stay well this winter.**

Protect yourself and others.

NSW Health



Ask about

[Download here](#)

Digital Screens

Aboriginal people

Digital versions of our screens are available [here](#).



Book your free flu vaccine today

We are here to help you and your mob stay strong this winter.

Protect yourself and others.

NSW Health



Aboriginal people - Book today

[Download here](#)

Ask about getting your flu vaccine today

We are here to help you and your mob stay strong this winter.

Protect yourself and others.

NSW Health



Aboriginal people - Ask about

[Download here](#)

Social media

Social media tiles are available [here](#).

Book your
flu vaccine
today

We are here to help you and
your family stay well this winter.

Protect yourself and others.



Book today
[Download here](#)

Ask about
getting your flu
vaccine today

We are here to help you and
your family stay well this winter.

Protect yourself and others.



Ask about
[Download here](#)

Social media

Aboriginal people
Social media tiles are available [here](#).



Book your
free flu
vaccine today

We are here to help
you and your mob stay
strong this winter.

Protect yourself and others.



Aboriginal people - Book today
[Download here](#)

Ask about
getting your
free flu vaccine
today


We are here to help
you and your mob stay
strong this winter.

Protect yourself and others.



Aboriginal people - Ask about
[Download here](#)

Influenza (flu) Factsheet is available [here](#).

NSW Health 

Influenza (flu)

Influenza (flu) is a highly contagious respiratory illness. Influenza is more serious than the common cold and severe cases can result in breathing difficulties and pneumonia. If you have flu symptoms, or have been diagnosed with influenza, it is important to stay home and avoid contact with others until your symptoms have gone.

What is Influenza (flu)?

Influenza is a highly contagious respiratory illness caused by influenza virus. There are two main types of human influenza viruses: A and B. There are also many sub-types and strains. Influenza is more serious than the common cold. Severe cases can result in breathing difficulties and pneumonia. People in NSW can die from flu-related illness.

People can get influenza at any time throughout the year but is most common in autumn and winter. In most flu seasons there is more than one strain circulating in the community.

What are the symptoms of flu?

People with influenza often experience some or all the following symptoms:

- Fever and chills
- Cough, sore throat and runny or stuffy nose
- Muscle aches, joint pains, headaches and fatigue (feeling very tired)
- Nausea, vomiting and diarrhoea (more common in children than adults).

Symptoms of influenza may last for more than a week. Some people only have mild symptoms for a few days, particularly if they have some immunity from a previous infection or vaccination. Other people can get very sick from the influenza and may have complications such as lung infection (pneumonia) or severe breathing difficulties requiring hospitalisation. These complications can occur in anyone but are most likely in those at higher risk of severe illness.

How is flu spread?

Influenza is mostly spread by droplets made when people with influenza cough or sneeze. It can also be spread by touching a surface or object that virus droplets have landed on from an infected person. People with influenza can spread it to others before they are sick as well as while they are sick.

If you have flu symptoms, or have been diagnosed with influenza, it is important to stay home and avoid contact with others until your symptoms have gone.

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How is flu diagnosed?

The only way to confirm a diagnosis of influenza is to have a PCR (nose and throat swab) test. Speak with your doctor to find out if you should get a referral to have a PCR test for influenza. There are antiviral treatments that are available for people at higher risk of severe illness from flu.

How long are people infectious?

- People with influenza can be infectious from the day before their symptoms start.
- Adults are most infectious in the first 3-5 days of their illness.
- Children can remain infectious for 7-10 days.
- Young children and people with weakened immune systems may be infectious for longer.

Who is at higher risk of severe illness from flu?

While anyone can get influenza, some people are at higher risk of severe illness (more likely to get very sick from influenza, and may be at higher risk of needing hospital care), including:

- Babies and children under 5 years of age
- People aged 65 years and older
- Aboriginal and Torres Strait Islander people
- Pregnant women, at any stage of pregnancy
- People with certain medical conditions including heart disease, chronic lung conditions (including severe asthma), kidney disease, liver disease, diabetes, obesity, chronic neurological conditions, blood disorders, immunocompromise, and other chronic conditions in children and adults that need regular medical follow up or hospitalisation.

If you are homeless or living in an aged care or long term care facility, you may be at increased risk of severe illness. If you are unsure of your risk, speak to a doctor.

How do I protect myself and others?

Get your annual flu vaccine

- Everyone aged 6 months and over is recommended to get an annual flu vaccine to protect themselves from influenza.
- People at higher risk of severe illness from influenza may be eligible for a free flu vaccine under the National Immunisation Program.
- Flu vaccination for those people who regularly come into close contact with people at higher risk of severe illness from influenza (such as health and residential care workers and family members) will help protect those at higher risk.
- A flu vaccine is needed every year as influenza virus strains change (mutate) constantly. A vaccine is prepared each year to best match the strains predicted for the coming flu season. Vaccination is very effective in preventing serious illness from the influenza virus.

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Have a plan if you are at higher risk of severe illness

If you are at higher risk of severe illness, you should talk to your doctor before you get sick to make a plan for what test to do and what treatment you may need. There are antiviral medicines available to prevent and treat influenza. Your doctor can fill out an [antiviral pre-assessment action plan](#) and you can discuss which treatment best suits you.

If you have influenza, your doctor will still need to provide a prescription for antiviral medicines but having a plan will help you access antiviral medicines quickly and easily.

Follow other simple steps to protect yourself and others

There are simple steps to help protect others, including:

- Stay home if you are sick and wear a mask if you need to leave home
- Get together outdoors or in large, well-ventilated spaces with open doors and windows
- Avoid crowded places
- Don't visit people who are at higher risk of severe illness if you are sick or have tested positive for influenza
- Practice good hand hygiene, including handwashing.

How can I manage flu safely?

Stay at home and reduce risk to others

If you are sick with influenza, stay at home and avoid close contact with other people. Keep sick children away from school and other activities. To avoid infecting others, stay at home for at least 24 hours after your fever has resolved and until you are feeling well. This is especially important if you visit people at higher risk of severe illness, including pregnant women, infants, older people and people in hospital, residential aged or disability care.

Start antiviral medicines early if you are eligible

People at higher risk of severe illness from influenza may be eligible for antiviral medicines such as oseltamivir (Tamiflu®). Antiviral medicines may reduce severe illness, hospitalisation and death from influenza if taken early in the illness. It is important to contact your doctor as soon as possible to determine if you are able to take antiviral medicines. To be most effective, antivirals should be taken within 48 hours of when symptoms start.

Monitor your symptoms

Most symptoms can be managed with:

- Plenty of rest
- Regular paracetamol and ibuprofen to relieve pain and fevers as needed (children under 16 years of age must not be given aspirin-containing medications)
- Staying hydrated with regular sips of water.

Know when to get help

If you get any of the following symptoms call Triple Zero (000) immediately and tell the ambulance staff you could have influenza.

- Shortness of breath or rapid breathing
- Chest pain or pressure lasting longer than ten minutes
- Confusion or sudden dizziness
- Persistent vomiting.

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Further information

- [NSW Health Influenza](#)
- [NSW respiratory surveillance report](#)
- [National Immunisation Program Schedule](#)
- [Frequently asked questions about influenza vaccination for health professionals](#)
- [NCIRS - Frequently asked questions about influenza](#)
- [Translated respiratory illness resources](#)

If you have influenza and have health questions that are not a medical emergency contact your doctor, or call [healthdirect](tel:1800022222) on 1800 022 222. [Healthdirect](#) is free and available 24 hours a day, 7 days a week. A registered nurse will answer your call, ask some questions and connect you with the right care.

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Translated Factsheets

Translated Influenza (flu) Factsheet is available [here](#).



NSW Health
NSW
الإنفلونزا (flu)
Influenza (flu) Arabic

ما هي الإنفلونزا؟
الإنفلونزا مرض تنفسي شديد العدوى تسببه فيروسات الإنفلونزا. وهناك نوعان رئيسيان من فيروسات الإنفلونزا الشبيهة "A" و"B" كما يوجد العديد من الأنواع الفرعية والسلالات. والإنفلونزا أكثر خطورة من نزلات البرد العادية ويمكن أن تلحق بالتهابات القلبية والتهاب الكلى والتهاب ذات الرئة. الكوليرا يمكن أن يلقى سكان نيوزيلاند وبداية الصيف وبالنسبة للإنفلونزا بحلول شهر أيار من هذا العام.

هذا يعني أن بعض مرض الإنفلونزا يولد العام ولكن انتشاره أكثر حيوياً في الخريف والشتاء. وفي معظم سنوات الإنفلونزا القليلة أكثر من 20% واحدة من 50% من المجتمع.

ما هي أعراض الإنفلونزا؟
بعض مرض الإنفلونزا في معظم الأحيان من بعض الأعراض التالية أو مجموعة:

- ارتفاع الحرارة والتعب
- سعال أو التهاب في الحلق أو رشح أو انسداد في الأنف
- وجع في العضلات - وجع في المفاصل - وجع في الرأس وإعياء الشهيدي - تعب شديد
- ضيق في الصدر وإعياء - احمرار العينين أو تورمهما عند الأطفال مقارنةً بالبالغين

وفي ندرتهم مرض الإنفلونزا أكثر من أسبوعاً وبعض بعض الأشخاص بالإنفلونزا من أعراض طفيفة فقط لبعض الأيام. عموماً إذا كان عدوى بعض المناطق من عدوى بسيطة أو ارتفاع خفيف في حين قد يعاني البعض الآخر من المضاعفات بما في ذلك: التهاب رئوي، التهابات الأذن، التهاب الكلى، التهاب الكبد، ذات الرئة، أو مضاعفات شديدة ولكنها نادرة. إن حدوثها من المحتمل، ويمكن أن تحصل هذه المضاعفات التي تلحق بالتهاب الرئة أو تضيق في التنفس لدى كبار السن.

كيف تنتقل عدوى الإنفلونزا؟
تنتقل عدوى الإنفلونزا مباشرة عن طريق الرذاذ التنفسي التي تنقلها عندما يسعل المصابون بالإنفلونزا أو يعطسونها. كما يمكن أن تنتقل عن طريق أسس سطح أو شيء لمسها مثل قطرات رذاذ الفيروس من شخص مصاب بالعدوى. ويمكن أن ينتقل مرض الإنفلونزا أيضاً عن طريق الأسطح التي لم يمسها المريض وإنما، معظمهم من المرض غير الشدي.

إذا كنت تعاني من أعراض الإنفلونزا أو لم تتعافى من الإصابة بالإنفلونزا من شهرين أو أكثر، فيجب عليك الذهاب إلى الطبيب لمحاولة التأكد من عدم الإصابة بالتهاب الكلى.



NSW Health
NSW
流行性感冒 (流感)
Influenza (flu) Chinese Simplified

什么是流行性感冒 (流感)？
流行性感冒 (流感) 是由流感病毒引起的具有传染性的呼吸道感染。人类流感病毒有四种主要类型：A 型和 B 型，还有许多亚型和变种。流感通常很轻微，但严重的病例会导致肺炎和并发症。新西兰也有与流感相关的疾病。

流感一年四季都可能发生，但通常在春季和夏季最为常见。北方多数地区为季节性，而新西兰则全年均可发生。

流感有什么症状？
流感患者往往会出现以下一些典型症状：

- 发烧、寒战
- 咳嗽、喉咙痛、流鼻涕或鼻塞
- 肌肉酸痛、头痛、疲劳、头痛和不适 (如嗜睡)
- 恶心、呕吐、腹泻 (在儿童中较为常见)

流感的症状可能持续一个星期左右。有些人可能会出现轻微的并发症，例如继发细菌感染。通常来说，流感对大多数人来说并不严重，但有时会导致严重的并发症。流感患者应避免与他人密切接触，以防止病毒传播。

流感是如何传播的？
流感主要通过打喷嚏或咳嗽时产生的飞沫传播。也可通过接触受感染者的唾液或鼻涕飞沫传播。在公共交通工具或密闭场所，流感病毒可能通过接触扶手、栏杆或门把手等物体传播。流感患者应避免与他人密切接触，以防止病毒传播。

在公共交通工具上，流感病毒可能通过接触扶手、栏杆或门把手等物体传播。流感患者应避免与他人密切接触，以防止病毒传播。

流感是如何诊断的？
医生通常会根据患者的症状进行初步诊断。也可以通过进行 PCR (聚合酶链式反应) 测试。通过实验室检测，查看样本中是否存在流感病毒 RNA。流感患者应避免与他人密切接触，以防止病毒传播。



NSW Health
NSW
آنفلوآنزا (flu)
Influenza (flu) Farsi

آنفلوآنزا (Flu) چیست؟
آنفلوآنزا (آنفلوآنزا) یک بیماری تنفسی بسیار سریع است که توسط ویروس های آنفلوآنزا ایجاد می شود. دو نوع اصلی ویروس آنفلوآنزا که می تواند باعث بیماری شود، نوع A و B هستند. انواع A و B می توانند باعث بیماری های جدی در آنفلوآنزا شوند. از آنجا که ویروس آنفلوآنزا می تواند باعث مشکلات تنفسی و عفونت ریه ذات الریه یا پیوسته شود، افراد در نوزادان و کودکان است که بیشتر مبتلایان به آنفلوآنزا می شوند. این افراد باید مراقبت بیشتری داشته باشند.

آنفلوآنزا ممکن است در تمام طول سال دیده شود اما بیشتر در پاییز و زمستان رخ می دهد. در اکثر موارد آنفلوآنزا پس از یک دوره ۱ تا ۲ هفته بهبود می یابد.

علامت آنفلوآنزا چیست؟
افراد مبتلا به آنفلوآنزا اغلب برخی یا همه علائم زیر را تجربه می کنند:

- تب و لرز
- سردرد، گلو درد، آبریزش یا گرفتگی بینی
- دردهای عضلانی، سردرد، خستگی، سردرد و خستگی (احساس خستگی زیاد)
- سعال، آبریزش و اسهال (در کودکان شایع تر از بزرگسالان است)

علائم آنفلوآنزا ممکن است بیش از یک هفته طول بکشد. برخی از افراد فقط برای چند روز علائم خفیفه دارند. در موارد نادر، آنفلوآنزا می تواند باعث مشکلات تنفسی شود. علائم آنفلوآنزا می تواند شامل مشکلات تنفسی باشد که نیاز به مراقبت فوری در بیمارستان داشته باشد. این علائم ممکن است در هر فردی رخ دهند اما احتمال آن در افرادی که بیشتر در معرض خطر ابتلا به آنفلوآنزا هستند، بیشتر است.

آنفلوآنزا چگونه سرایت می کند؟
آنفلوآنزا بیشتر توسط قطرات سوزش می کشد که وقتی افراد مبتلا به آنفلوآنزا سرفه یا عطسه می کنند ایجاد می شود. آسپیرین نباید به کودکان داده شود زیرا خطر سندرم ریسک را افزایش می دهد. علائم آنفلوآنزا می تواند شامل مشکلات تنفسی باشد که نیاز به مراقبت فوری در بیمارستان داشته باشد. این علائم ممکن است در هر فردی رخ دهند اما احتمال آن در افرادی که بیشتر در معرض خطر ابتلا به آنفلوآنزا هستند، بیشتر است.

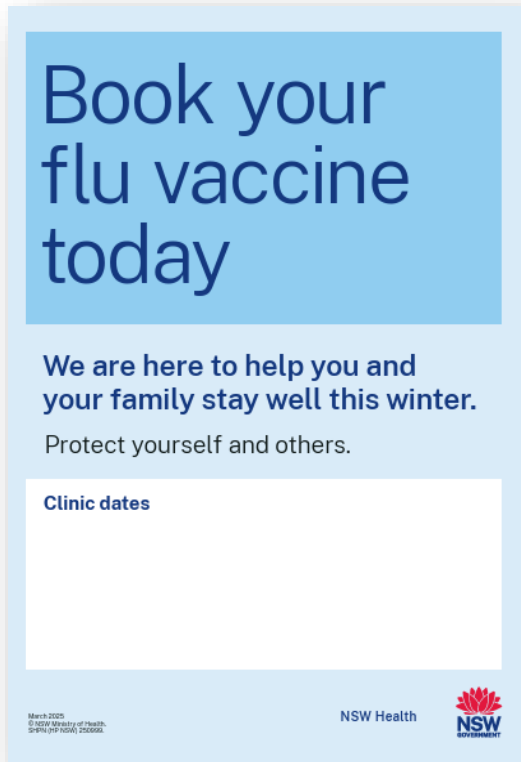
اگر علائم آنفلوآنزا را تجربه می کنید یا آنفلوآنزا بر شما تشخیص داده شده است، مهم است که در خانه بمانید و با رعایت نکات بهداشتی از انتشار آن اجتناب کنید.

4

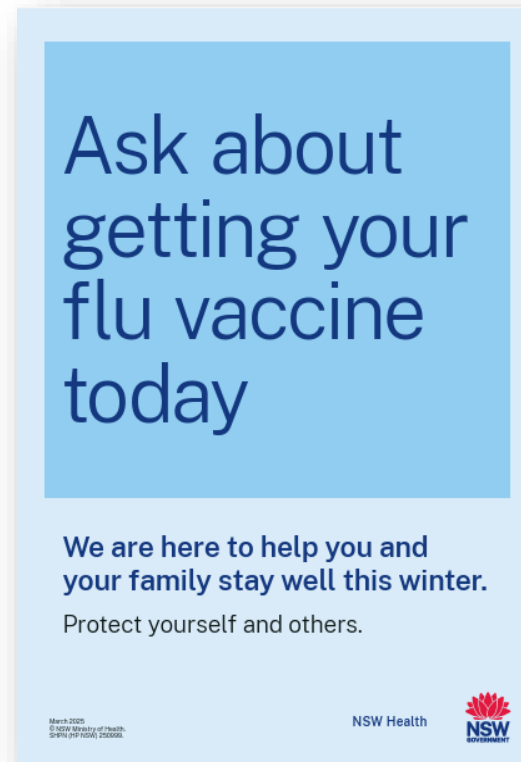
Healthcare - Printed Resources

A3 Posters

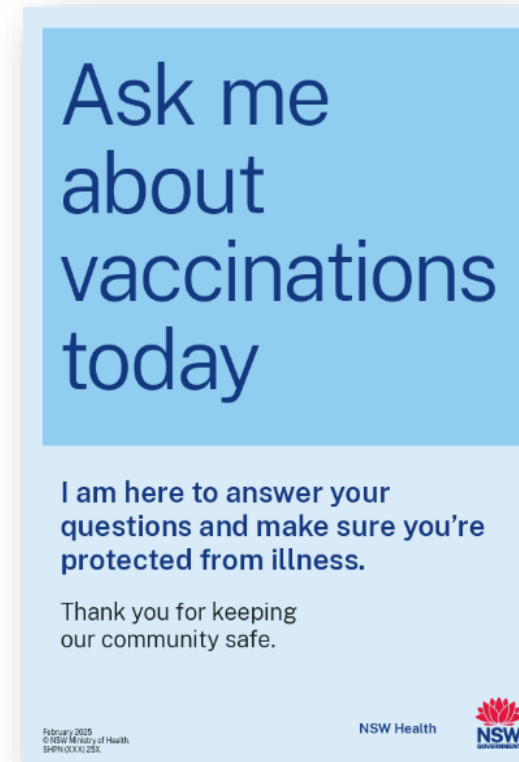
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Clinic Dates
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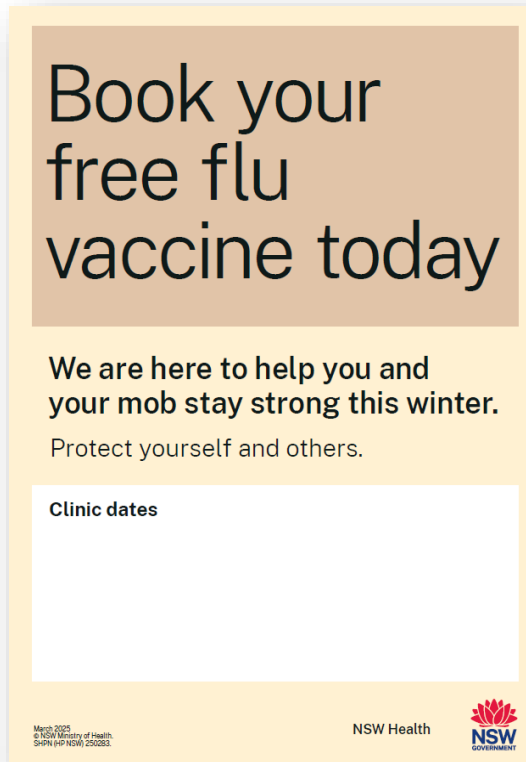
Ask about
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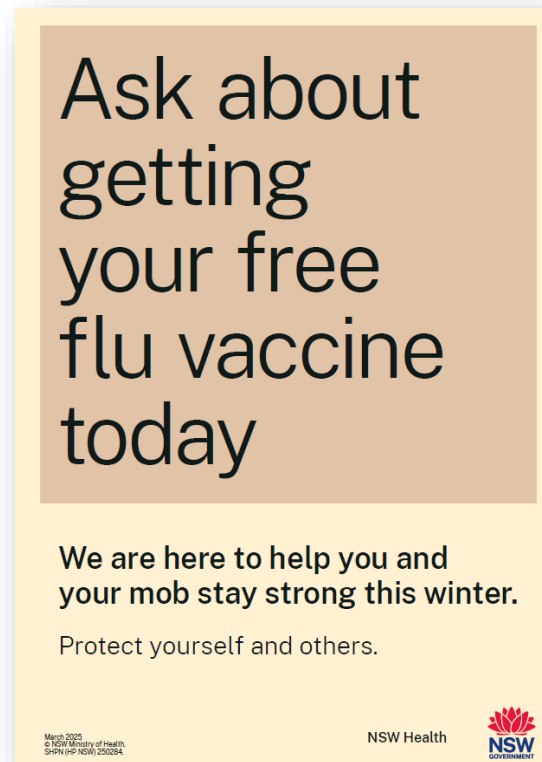
Don't forget to ask
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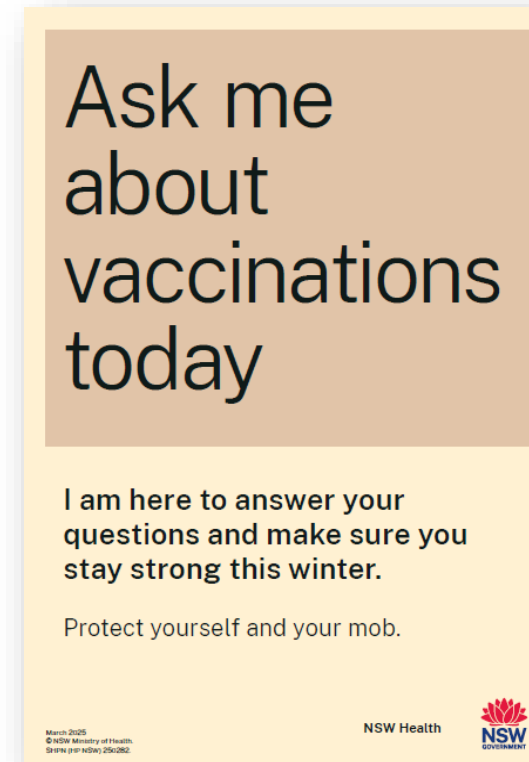
Aboriginal people
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Aboriginal people - Clinic Dates
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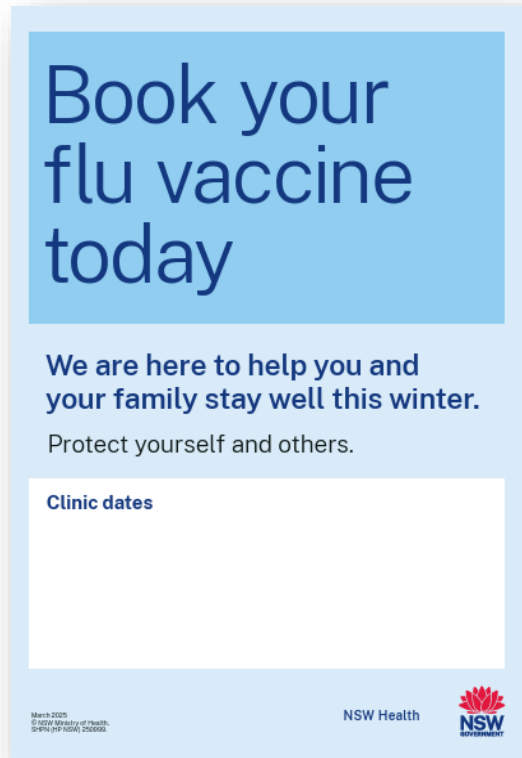
Aboriginal people - Ask about
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Aboriginal people – Don't forget to ask
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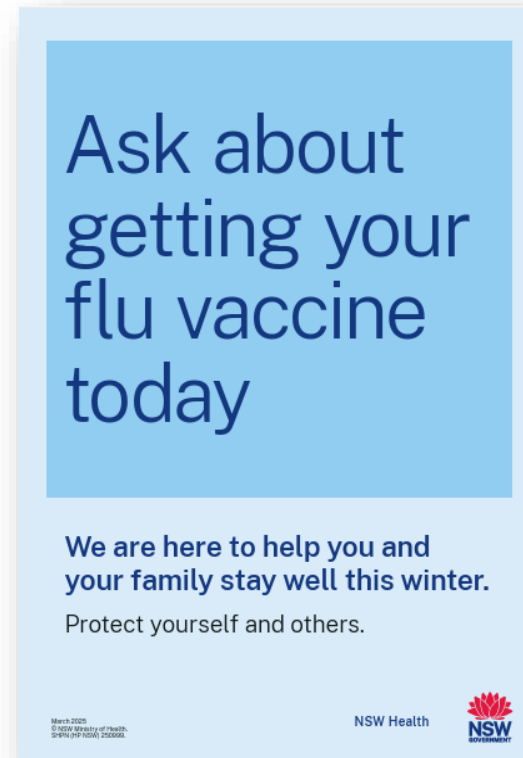
A3 Posters

In-language: Arabic, Chinese – Simplified, Korean, Vietnamese
Printed versions of our posters are available for order [here](#).

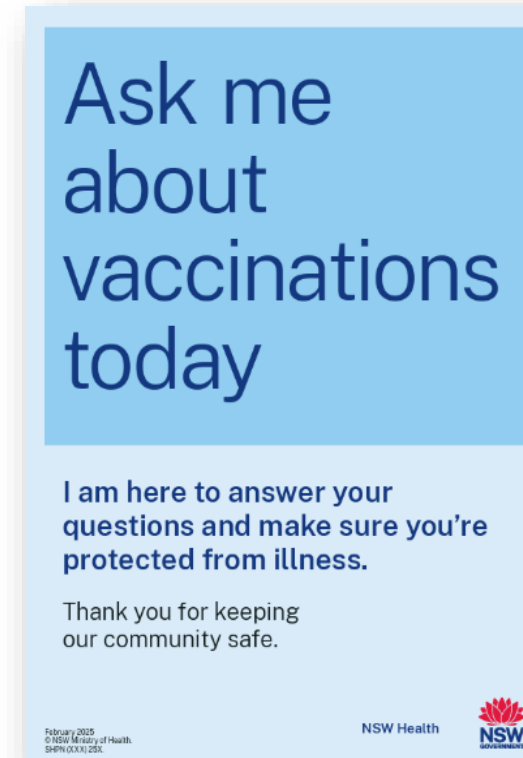


Clinic Dates

Languages available:
Arabic, Chinese – Simplified,
Vietnamese, Korean



Ask about
Languages available:
Arabic, Chinese – Simplified,
Vietnamese, Korean,



Don't forget to ask
Languages available:
Arabic, Chinese – Simplified,
Vietnamese, Korean

Appointment card

Available to order [here](#).


Your vaccination is ready and waiting for you!

Appointment details

Date: _____

Time: _____

With: _____

NSW Health 

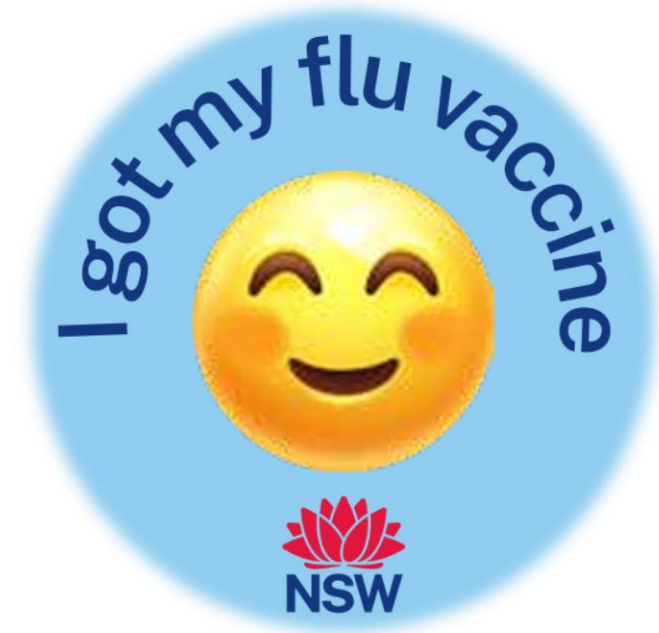
Side 1

Clinic details

Side 2

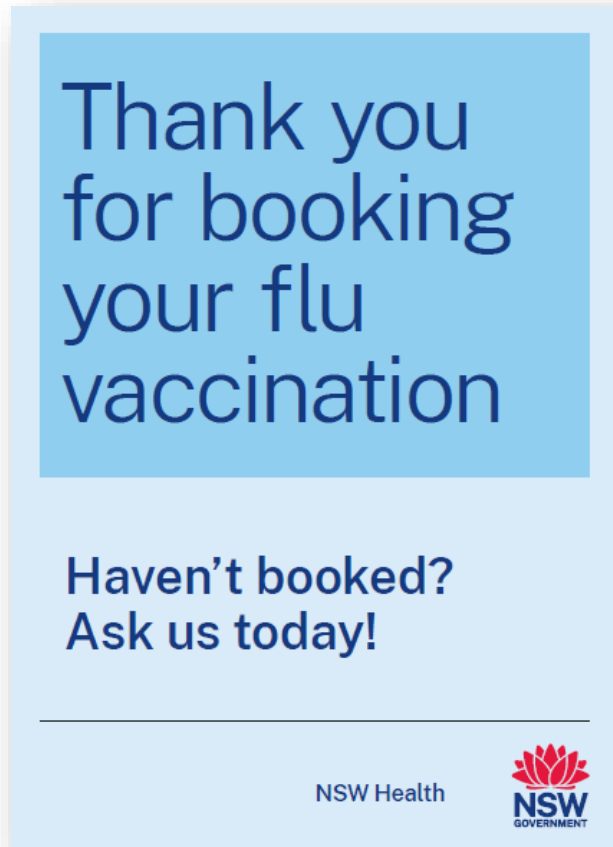
Sticker

Available to order [here](#).

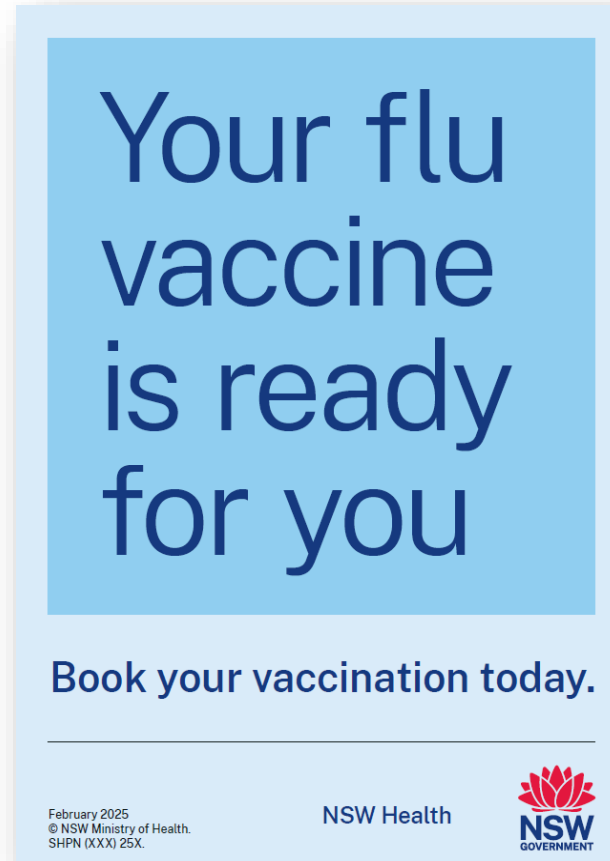


Tent desk card

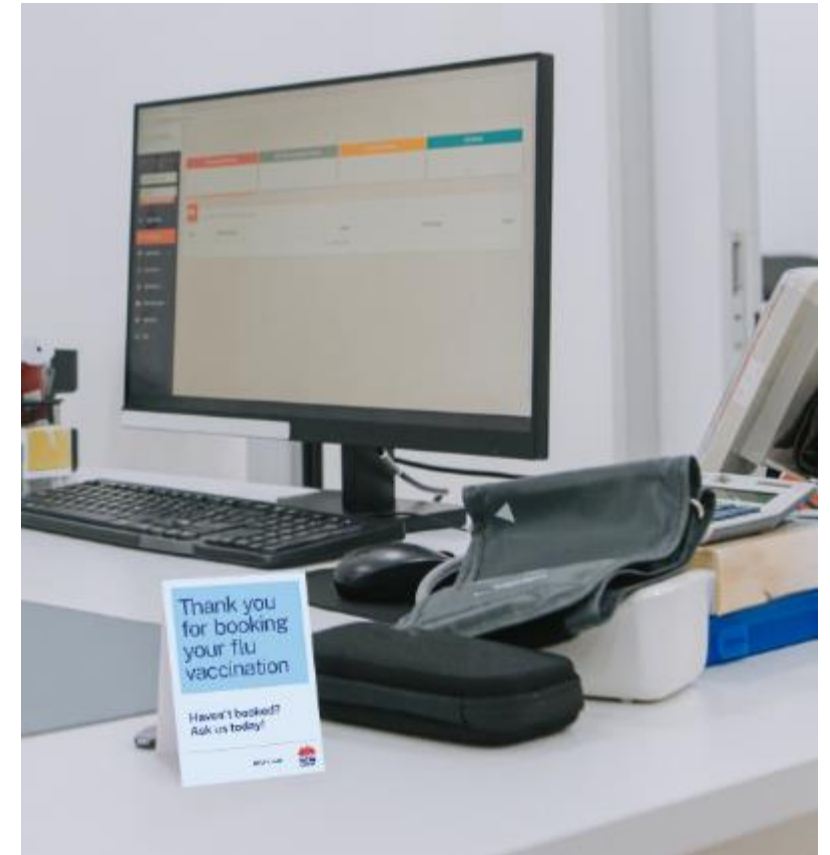
Available to order [here](#).



Side 1



Side 2



In situ

Wobbler

Available to order [here](#).



Decal

For use on glass. Available to order [here](#).



Option 1



Option 2

