

HEALTH UPDATE – COVID-19

**IT IS IMPORTANT THAT YOU CONTINUE TO SEE YOUR GP /
DOCTOR FOR ANY HEALTH ISSUES, CONCERNS OR TESTS**



MEDICAL CLINICS / DOCTOR'S ROOMS ARE SAFE TO VISIT



ONE OF THE REASONS YOU **MUST** LEAVE YOUR HOME DURING COVID-19 IS
FOR MEDICAL CARE SO...

- IF YOU FEEL UNWELL
- IF YOU ARE DUE FOR A CHECK UP
- IF YOU NEED A MEDICAL TEST
- IF YOU ARE WORRIED ABOUT YOUR HEALTH

PLEASE BE SURE TO SEE YOUR DOCTOR

GET YOUR FLU VACCINATION - ESPECIALLY THIS YEAR!

HELP PROTECT OUR HEALTH SYSTEM



Cough and sneeze
into your elbow



Wash your
hands regularly



Get your
flu shot



**PROTECT OUR HEALTH SYSTEM.
GET YOUR FLU SHOT.**

betterhealth.vic.gov.au/flu



Approved by the Victorian Government,
Treasury Place, Melbourne. (1904254)

Everyone aged six months and over should get an annual flu shot, particularly if you're in an at-risk group and eligible for free flu vaccination.

The flu vaccination is **free** for:

- children aged 6 months to under five years of age
- pregnant women
- people aged over 65
- Aboriginal and Torres Strait Islander people (6 months and over)
- people with chronic medical conditions.

The flu shot is now available from your local GP, pharmacist and community immunisation sessions. (If you are not eligible for a free flu shot, it should cost around \$20)

If you are not sure about seeing your doctor or getting the flu vaccination, please email lindy@gealc.org.au