

Flu vaccine – fact sheet for people with disability

Why should you get the influenza (flu) vaccine?

- Flu is a highly contagious viral infection that causes serious illness in some people.
- This year we are expecting lots of flu cases in the community.
 - We may be more vulnerable to influenza because we haven't been exposed to this virus much over the past two years. That means our bodies aren't as used to the virus as they usually are.
- [Vaccination against the flu](#) is the best way to protect you and those around you from the flu.
The influenza vaccine is recommended for all individuals aged 6 months and over.

Are there any side effects from the flu vaccine?

- You may experience some side effects after you get the flu vaccine.
- These side effects are usually minor and last only a day or two.
- Possible side effects include pain and swelling where the shot was given, fever, aches and tiredness (more information on side effects to vaccination is available on the [Department of Health's website](#)).

When should I get the flu vaccine?

- The flu season varies according to where in Australia you are, but there are typically a lot of cases from June to September.
- It is recommended that people receive a flu shot each year. New flu vaccines are produced each year to protect against the most common forms of the flu virus that season.
- It's best for most people to get their flu vaccination as soon as they can (if they haven't already had the 2022 flu vaccination).
- It is never too late to vaccinate as influenza can circulate in the community all year round.

Where can I go to get the flu vaccine?

You can book a vaccine appointment at a range of settings. These include:

- your local GP
- pharmacies
- local immunisation clinics
- community health centres, and
- Aboriginal Medical Services.

You can use the [Health Service Finder](#) to find a GP clinic or pharmacy near you – you should check with the provider before making a booking to confirm they have the flu vaccine available.

Your state or territory health department may have other options to support you to get vaccinated if you need further support finding a service (see state and territory contacts below).

Can I get the flu vaccine at my home?

- Some GPs provide home visit appointments for flu vaccination.
 - There are MBS items that GPs can use to make home visits for things like vaccination.
 - You can visit the [Health Service Finder](#) to see services that offer home visits or contact your GP to find out if healthcare services provide home visit appointments for flu vaccination.
- If you live in supported accommodation, your disability service provider may arrange for a vaccine provider to visit your home. You can ask your provider about this.

Do you have to pay for a flu vaccine?

The influenza vaccine is free for some people under the [National Immunisation Program](#).

This includes:

- children aged 6 months to 5 years
- all adults 65 years and over
- all Aboriginal and Torres Strait Islander people
- pregnant women, and
- people who have certain medical conditions, such as heart or kidney disease, respiratory and neurological conditions, and diabetes.

In some states and territories, influenza vaccines may also be provided for free to other people not listed above. Speak to your immunisation provider or [contact your state or territory Department of Health](#) to find out.

Can you get the flu vaccine the same day as a COVID-19 vaccine?

Yes.

State and territory health department influenza information and contact numbers

Australian Capital Territory	02 5124 9800	South Australia	1300 232 272
New South Wales	1300 066 055	Tasmania	1800 671 738
Northern Territory	08 8922 8044	Victoria	1300 882 008
Western Australia	08 9321 1312	Queensland	13 HEALTH (13 4325 84)