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Be Your Own Health Hero This Winter Get Your Vaccinations Up-To-Date

FLU SEASON IS APPROACHING Talk to your GP or pharmacist about the vaccines recommended for you

Wentworth Healthcare, the provider of the Nepean Blue Mountains Primary Health Network, is encouraging the community to get their vaccinations up-to-date ahead of the winter months.

Wentworth Healthcare CEO, Lizz Reay said that it's important not to become complacent as we approach winter when cases of respiratory illnesses, such as COVID-19 and flu, will start to rise.

"To protect yourself and your loved ones, we are encouraging everyone to get the flu vaccine as soon as possible and ensure that your COVID-19 vaccinations are up-to-date," Ms Reay said.

"Keeping up with your vaccinations increases community immunity, providing us all with better protection," she said.

Flu vaccinations are recommended for everyone aged six months or over. Flu vaccination is free for certain eligible groups under the National Immunisation Program. These groups are listed on the Department of Health and Aged Care website.

All adults 18-64 years can receive a free COVID-19 top-up vaccination every 12 months. Adults aged over 65 can consider further doses every 6 months. Those with severe immunocompromise are recommended to receive a top-up vaccination every six months.

Children and adolescents aged five to 17 years who have medical comorbidities, disabilities or significant or complex health needs, can also receive a free COVID-19 top-up vaccination every 12 months.

Those aged 70 years and over and Aboriginal and Torres Strait Islander peoples aged 50 years and over, should also consider getting the free pneumococcal vaccine.

These vaccines can be given on the same day and are available from GPs, pharmacies, community health centres, council immunisation clinics, Aboriginal Medical Services and other vaccination providers in the area.

"Even if you are healthy and feel you don't need the extra protection of vaccination, as a community, we need to look out for those around us who may be more susceptible to the health impacts of these viruses," said Ms Reay.

"Getting vaccinated means that we can help limit the spread to those who are more vulnerable, such as people with disabilities, the elderly or those who have significant or complex health needs.

"I encourage you to talk to your GP or pharmacist about what vaccination is right for you."

To learn more about keeping yourself and others safe this winter, visit www.nbmphn.com.au/HealthHero