

# Media Release

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## **Flu season around the corner – time to plan**

With shorter days and cooler temperatures, NSW residents are urged to talk to their GP about getting their flu jab.

“Flu season usually occurs from June to September in Australia, and we urge patients to time their vaccination to achieve the highest level of protection during the peak of the season,” said AMA (NSW) President, Dr Danielle McMullen.

“Your GP can provide you with advice on when to get your flu shot. Patients should also know that influenza vaccination is recommended for everyone aged six months and over and is free for patients most at risk.

“This includes adults over 65 years and over, children under five, pregnant women, Aboriginal and Torres Strait Islander people, and people with certain medical conditions.”

Dr McMullen added that for adults aged 65 years and over, there is a special, enhanced vaccine. The adjuvanted vaccine Flud® Quad is funded under the National Immunisation Program for this age cohort.

“Free vaccines for patients most at risk, including adults over 65 who are eligible to receive Flud®Quad, will be available from April. Talk to your GP about timing your vaccination to ensure you are protected during the peak season.

“We had record-low levels of influenza in Australia for more than two years, largely due to public health measures and limited international travel. However, now that COVID restrictions have eased and borders have opened, we expect Australians will be more vulnerable to the virus this year.

“You can receive the flu vaccine on the same day as a COVID-19 vaccine. If you have yet to get your booster, talk to your GP about getting both vaccinations done,” Dr McMullen said.

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