Useful contact numbers

Alice Springs
Ngaanyatjarra Health Service
Phone: 8955 4700

Broome
Beagle Bay Community Health Service
Phone: 9194 3200
Bidyadanga Aboriginal Health Service
Phone: 9194 3200
Kimberley Aboriginal Medical Service Council Inc.
Phone: 9194 3200

Bunbury
South West Aboriginal Medical Service
Phone: 9791 1166

Carnarvon
Carnarvon Medical Service Aboriginal Corp.
Phone: 9941 2499

Derby
Derby Aboriginal Health Service
Phone: 9193 1090

East Perth
Derbarl Yerrigan Health Service
Phone: 9421 3888

Fitzroy Crossing
Nindilingarri Cultural Health Service
Phone: 9193 0093

Geraldton
Geraldton Regional Aboriginal Medical Service
Phone: 9956 6555

Halls Creek
Yura Yungi Medical Service Aboriginal Corp.
Phone: 9168 6266

Kalgoorlie
Bega Garnbirringu Health Service
Phone: 9022 5500

Kununurra
Ord Valley Aboriginal Health Service
Phone: 9168 1288

Newman
Puntukurnu Aboriginal Medical Service
Phone: 9177 8307

Medina
Moorditj Koort Aboriginal Corporation
Phone: 9439 9540

Perth Metro
Moort Boodjari Mia
Phone: 9278 9901

Roebourne
Mawarnkarra Health Service Aboriginal Corp.
Phone: 9182 0850

South Hedland
Wirraka Maya Health Service Aboriginal Corp.
Phone: 9140 2922

Wiluna
Ngangganawili Aboriginal Health Service
Phone: 9981 7063

This document can be made available in alternative formats on request for a person with a disability.

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What is the flu?
The flu (influenza) is a virus that spreads from one person to another through coughing or sneezing, or by touching things and surfaces that people who have the flu have touched/coughed or sneezed on and then touching your mouth or nose. If you get the flu, you might get a high fever, bad cough, joint pains, body aches, have trouble breathing and feel really tired.

Flu is more serious in pregnant women, babies, older people, and people with chronic health conditions affecting their heart, lung or kidneys. However, even fit and healthy people can get very sick from the flu. The flu can cause a serious infection in the lungs and can make chronic health conditions worse. Some people can die from the flu.

Can the flu be prevented?
Yes, the chances of you getting sick from the flu can be reduced through these steps:

- **Have a flu shot every year.** The flu changes all the time, so you need a new shot every year.
- **Wash your hands with soap and water often.** This is especially important after you have been sneezing and coughing.
- **Cover your mouth and nose when you cough or sneeze.** It's best to cough and sneeze into the inside of your elbow. This helps stop the germs from getting onto your hands, where they can be easily spread with other people. If this is not possible, use a tissue and then throw it away and wash your hands.
- **Keep your distance.** If you are feeling sick, try to stay away from others like small babies, people with chronic illness and pregnant women until you feel better. Germs spread more easily when you are close to other people.

Get protected
Get your flu shot in April/May so your body has time to protect itself before winter.

You cannot get flu from the flu shot because the vaccine available in Australia does not contain live germs.

FREE flu vaccines are available for all Aboriginal and/or Torres Strait Islander persons who are:

- pregnant
- between the ages of six months and five years
- 15 years of age and over
- aged six months and over with medical conditions which makes it easier for them to get very sick with the flu
- children aged six months to 10 years who are on aspirin as part of their treatment.

Why?
The flu shot protects your health. The flu can be very serious, and can mean you need to go to hospital for treatment and can even cause death.

If you are pregnant, you are at higher risk of getting sicker with the flu. The flu shot is safe for pregnant women and getting the flu shot at any stage of your pregnancy will also protect your newborn baby in the first few months after birth.

Facts
- Flu shots are the best way to help fight the spread of flu in your family and the community.
- You can get your free flu shot from Aboriginal Medical Services, doctors and immunisation providers.

What are the risks from influenza vaccine?
Any medicine, including a vaccine, has the chance of causing a severe allergic reaction. These may range from mild to more serious reactions. However, the risk is very small.

**Common, mild reactions** can occur after getting the flu vaccine. These can include slight fever, aches and soreness, or redness or swelling where the shot was given. If these problems occur, they usually begin soon after the shot was given, last one to two days, and resolve without specific treatment.

**Serious reactions** such as severe allergic reactions from a flu shot can occur, but are very rare. People experiencing an extreme reaction should call an ambulance and see a doctor immediately.

You should also consult your doctor if you experience any other unusual symptoms after the flu shot, such as fever, convolution and/or behaviour changes.

If you have any questions, talk to your doctor, Aboriginal Health Worker or nurse.