



Winter vaccination for older adults

Resource pack

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USING THIS PACK

This resource pack helps health professionals, aged care providers and community partners share clear, trusted information about winter vaccinations with older people and their families, carers and staff.

It includes resources in 15 languages: Arabic, Chinese Simplified, Chinese Traditional, Croatian, Greek, Italian, Korean, Macedonian, Punjabi, Russian, Serbian, Spanish, Turkish, Vietnamese and English.

Use them to support everyday conversations and activities about:

- staying healthy through winter
- recommended influenza (flu), COVID-19 and RSV vaccinations
- helping older people protect themselves from serious illness, so they can keep doing the things they enjoy.



CAMPAIGN OVERVIEW

The Australian Government strongly encourages older people to stay up to date with their influenza (flu), COVID-19 and respiratory syncytial virus (RSV) vaccinations this winter.

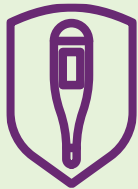
Flu and COVID-19 viruses continue to change, and the risk of severe illness and hospitalisation increases as individuals age. RSV also causes serious respiratory illness in older adults.

Vaccination is the best way to protect against serious illness and all vaccines available in Australia are tested thoroughly to make sure they are safe and work well.

Individuals are encouraged to get vaccinated from April onwards to stay well-protected during the cooler months of autumn and winter because infections peak between June to September, when respiratory viruses are most widespread.

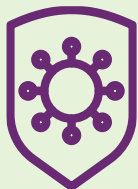
Stay well. Stay healthy. Be winter-ready for the moments that matter.

KEY INFORMATION ABOUT VACCINATIONS



Influenza (flu) vaccine

All individuals aged 65 and over, who hold or are eligible for a Medicare card, can get a free flu vaccine each year under the National Immunisation Program (NIP).



COVID-19 vaccine

Free COVID-19 vaccinations are available and recommended every 12 months for all people aged 65-74, and every 6 months for people aged 75 years and over.



RSV vaccine

From 15 May 2026, the RSV vaccine is free under the NIP for people aged 75 years and over, who hold or are eligible for a Medicare card.



Older adults can get influenza (flu), COVID-19 and RSV vaccinations at the same appointment or separately.



Individuals are encouraged to talk to their GP, pharmacist or health professional about getting vaccinated to protect themselves against flu, COVID-19 and RSV.

ARABIC CAMPAIGN RESOURCES



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To download these resources for Arabic speakers, visit the [Arabic resource page](https://www.health.gov.au/winter-vaccinations/translated-resources).

CHINESE SIMPLIFIED CAMPAIGN RESOURCES



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To download these resources for Mandarin/Cantonese speakers, visit the [Chinese Simplified resource page](#).

CHINESE TRADITIONAL CAMPAIGN RESOURCES



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To download these resources for Mandarin/Cantonese speakers, visit the [Chinese Traditional resource page](#).

CROATIAN CAMPAIGN RESOURCES



OSJEĆAJTE SE DOBRO, OŠTANITE ZDRAVI. BUDITE SPREMNJI OVE ZIME ZA TRENUŠKE KOJI VAM ZNAČE

Ažurirano: 15. rujna 2022. godine. Ova stranica sadrži najnovije informacije o tome kako se najbolje pripremiti za zimu i kako se najbolje nositi s bolestima koji vam znače.

Što je COVID-19?
COVID-19 je nova vrsta koronavirusa koja može uzrokovati bolest koja se zove COVID-19. Većina ljudi se oporavlja od COVID-19, ali neki ljudi mogu doživjeti teške simptome. COVID-19 može uzrokovati bolest koja se zove COVID-19. Većina ljudi se oporavlja od COVID-19, ali neki ljudi mogu doživjeti teške simptome.

Što je gripa (influenca)?
Gripa je zarazna bolest koja se prenosi kapljicama izdahom ili kontaktom s površinom na kojoj se nalaze virusi. Gripa može uzrokovati bolest koja se zove gripa. Većina ljudi se oporavlja od gripe, ali neki ljudi mogu doživjeti teške simptome.

Što je COVID-19 i gripa?
COVID-19 i gripa su različite bolesti, ali imaju slične simptome. COVID-19 se prenosi kapljicama izdahom ili kontaktom s površinom na kojoj se nalaze virusi. Gripa se prenosi kapljicama izdahom ili kontaktom s površinom na kojoj se nalaze virusi.

Što je COVID-19 i gripa?
COVID-19 i gripa su različite bolesti, ali imaju slične simptome. COVID-19 se prenosi kapljicama izdahom ili kontaktom s površinom na kojoj se nalaze virusi. Gripa se prenosi kapljicama izdahom ili kontaktom s površinom na kojoj se nalaze virusi.

Fact sheet

BUDITE SPREMNJI OVE ZIME ZA TRENUŠKE KOJI VAM ZNAČE

Pravilna prehrana i vježba
Pravilna prehrana i vježba mogu pomoći u jačanju vašeg imunološkog sustava i smanjenju rizika za bolesti koje vam znače.

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OSJEĆAJTE SE DOBRO, OŠTANITE ZDRAVI. BUDITE SPREMNJI OVE ZIME ZA TRENUŠKE KOJI VAM ZNAČE

Za više informacija o pripremi za zimu i kako se najbolje nositi s bolestima koji vam znače, posjetite našu stranicu: [health.gov.au/winter-vaccinations/translated-resources](https://www.health.gov.au/winter-vaccinations/translated-resources)

Poster

BUDITE SPREMNJI OVE ZIME ZA TRENUŠKE KOJI VAM ZNAČE

Cijepite se kako biste se zaštitili od gripe, COVIDA-19 te RSV-a.

[health.gov.au/winter-vaccinations/translated-resources](https://www.health.gov.au/winter-vaccinations/translated-resources)

Social media tiles

To download these resources for Croatian speakers, visit the [Croatian resource page](https://www.health.gov.au/winter-vaccinations/translated-resources).

GREEK CAMPAIGN RESOURCES



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To download these resources for Greek speakers, visit the [Greek resource page](#).

ITALIAN CAMPAIGN RESOURCES



STATE BENE. RIMANETE SANI. PRONTI PER L'INVERNO PER I MOMENTI CHE CONTANO

Resistere alle regole con le vaccinazioni ti aiuta a mantenere sani il tuo corpo e la tua mente. In questo modo potrai vivere i momenti che contano.

Le regole da seguire sono:

- 1. Vaccinarsi contro COVID-19 e l'influenza.
- 2. Evitare i luoghi affollati e chiusi.
- 3. Evitare i contatti ravvicinati con le persone che non sono state vaccinate.
- 4. Evitare i viaggi non necessari.
- 5. Evitare le feste e gli eventi.
- 6. Evitare le riunioni in casa.
- 7. Evitare le riunioni in casa.
- 8. Evitare le riunioni in casa.
- 9. Evitare le riunioni in casa.
- 10. Evitare le riunioni in casa.

Fact sheet

SIATE PRONTI QUESTO INVERNO PER I MOMENTI CHE CONTANO

Le regole da seguire sono:

- 1. Vaccinarsi contro COVID-19 e l'influenza.
- 2. Evitare i luoghi affollati e chiusi.
- 3. Evitare i contatti ravvicinati con le persone che non sono state vaccinate.
- 4. Evitare i viaggi non necessari.
- 5. Evitare le feste e gli eventi.
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SIATE PRONTI PER I MOMENTI CHE CONTANO QUESTO INVERNO

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- 2. Evitare i luoghi affollati e chiusi.
- 3. Evitare i contatti ravvicinati con le persone che non sono state vaccinate.
- 4. Evitare i viaggi non necessari.
- 5. Evitare le feste e gli eventi.
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Checklist

STATE BENE. RIMANETE SANI. PRONTI PER L'INVERNO PER I MOMENTI CHE CONTANO

I vaccini contro l'influenza, COVID-19 e il virus respiratorio respiratorio (RSV) sono consigliati per le persone anziane.

Rivolgetevi al vostro medico o farmacista di fiducia per controllare la vostra situazione dal punto di vista delle vaccinazioni e il vostro diritto a ricevere i vaccini a titolo gratuito nell'ambito del National Immunisation Program, il programma nazionale di immunizzazione.

Tali soggetti possono anche sporgere quali vaccini sono consigliati per voi e quando riceverli. Parlate con il vostro operatore sanitario e prendete la vostra vaccinazione oggi stesso.

Poster

SIATE PRONTI PER L'INVERNO PER I MOMENTI CHE CONTANO

Fatevi vaccinare per essere protetti da influenza, COVID-19 e RSV.

health.gov.au/winter-vaccinations/translated-resources

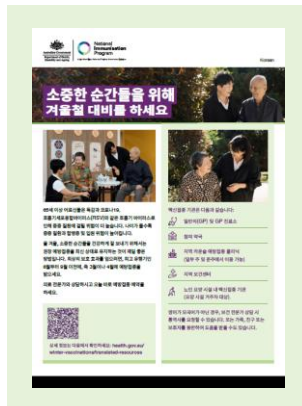
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To download these resources for Italian speakers, visit the [Italian resource page](https://www.health.gov.au/winter-vaccinations/translated-resources).

KOREAN CAMPAIGN RESOURCES



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To download these resources for Korean speakers, visit the [Korean resource page.](#)

MACEDONIAN CAMPAIGN RESOURCES



БИДЕТЕ ДОБРО, БИДЕТЕ ЗДРАВИ. ПОДГОТВЕТЕ СЕ ЗА ЗИМАТА ЗА МОМЕНТИТЕ ШТО СЕ ВАЖНИ

Подгответе се за зимата и за сезоните на грипот и инфлуенцата, но да имате доверба во здравствениот систем и имунизационата програма на Македонија. За да се заштитите од болести, важно е да се вакцинирате со вакцини против грипот, COVID-19 и инфлуенцата. Имунизационата програма на Македонија е бесплатна и е достапна за сите граѓани. За да се заштитите од болести, важно е да се вакцинирате со вакцини против грипот, COVID-19 и инфлуенцата. Имунизационата програма на Македонија е бесплатна и е достапна за сите граѓани.

Fact sheet

ПОДГОТВЕТЕ СЕ ЗА ЗИМАТА ЗА МОМЕНТИТЕ ШТО СЕ ВАЖНИ

Вакцинирајте се за да се заштитите од инфлуенца, COVID-19 и РСВ. Health.gov.au/winter-vaccinations/translated-resources

Flyer

ПОДГОТВЕТЕ СЕ ЗА МОМЕНТИТЕ ШТО СЕ ВАЖНИ ОВАА ЗИМА

Следете ги овие чекорци за да се заштитите од болести. Проверете дали сте вакцинирани против грипот, COVID-19 и РСВ. Проверете дали сте вакцинирани против грипот, COVID-19 и РСВ. Проверете дали сте вакцинирани против грипот, COVID-19 и РСВ.

Checklist

БИДЕТЕ ДОБРО, БИДЕТЕ ЗДРАВИ. ПОДГОТВЕТЕ СЕ ЗА ЗИМАТА ЗА МОМЕНТИТЕ ШТО СЕ ВАЖНИ

Вакцинирајте се за да се заштитите од инфлуенца, COVID-19 и РСВ. Health.gov.au/winter-vaccinations/translated-resources

Poster

ПОДГОТВЕТЕ СЕ ЗА ЗИМАТА ЗА МОМЕНТИТЕ ШТО СЕ ВАЖНИ

Вакцинирајте се за да се заштитите од инфлуенца, COVID-19 и РСВ. Health.gov.au/winter-vaccinations/translated-resources

Social media tiles

To download these resources for Macedonian speakers, visit the [Macedonian resource page](#).

PUNJABI CAMPAIGN RESOURCES



ਅਸੀਂ ਤਿਆਰ ਹੋ ਜਾਂਦੇ ਹਾਂ ਕਿ ਤੁਸੀਂ ਵੀ ਤਿਆਰ ਹੋਵੋ। COVID-19 ਨੂੰ ਠੀਕ ਤਰ੍ਹਾਂ ਸਮਝਣਾ ਤੁਹਾਨੂੰ ਸਹੀ ਤਰ੍ਹਾਂ ਤਿਆਰ ਹੋਣ ਵਿੱਚ ਮਦਦ ਕਰੇਗਾ।

ਸਹੀ ਤਰ੍ਹਾਂ ਖਾਣ-ਪੀਣ ਕਰੋ। ਸਹੀ ਤਰ੍ਹਾਂ ਚਲੋ-ਫਿਰੋ। ਸਹੀ ਤਰ੍ਹਾਂ ਸੋਢੀਆਂ ਕੱਪੜਿਆਂ ਪਾਓ।

ਸਹੀ ਤਰ੍ਹਾਂ ਸੋਢੀਆਂ ਕੱਪੜਿਆਂ ਪਾਓ। ਸਹੀ ਤਰ੍ਹਾਂ ਚਲੋ-ਫਿਰੋ। ਸਹੀ ਤਰ੍ਹਾਂ ਖਾਣ-ਪੀਣ ਕਰੋ।

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Fact sheet

ਸਰਦੀਆਂ ਵਿੱਚ ਉਹਨਾਂ ਪਲਾਂ ਲਈ ਤਿਆਰ ਰਹੋ ਜੋ ਮਹੱਤਵਪੂਰਨ ਹਨ।

ਸਹੀ ਤਰ੍ਹਾਂ ਖਾਣ-ਪੀਣ ਕਰੋ। ਸਹੀ ਤਰ੍ਹਾਂ ਚਲੋ-ਫਿਰੋ। ਸਹੀ ਤਰ੍ਹਾਂ ਸੋਢੀਆਂ ਕੱਪੜਿਆਂ ਪਾਓ।

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Flyer

ਤੰਦਰੁਸਤ ਰਹੋ, ਸਿਹਤਮੰਦ ਰਹੋ। ਸਰਦੀਆਂ ਵਿੱਚ ਉਹਨਾਂ ਪਲਾਂ ਲਈ ਤਿਆਰ ਰਹੋ ਜੋ ਮਹੱਤਵਪੂਰਨ ਹਨ।

- ਸਹੀ ਤਰ੍ਹਾਂ ਖਾਣ-ਪੀਣ ਕਰੋ।
- ਸਹੀ ਤਰ੍ਹਾਂ ਚਲੋ-ਫਿਰੋ।
- ਸਹੀ ਤਰ੍ਹਾਂ ਸੋਢੀਆਂ ਕੱਪੜਿਆਂ ਪਾਓ।
- ਸਹੀ ਤਰ੍ਹਾਂ ਸੋਢੀਆਂ ਕੱਪੜਿਆਂ ਪਾਓ।
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Checklist

ਤੰਦਰੁਸਤ ਰਹੋ, ਸਿਹਤਮੰਦ ਰਹੋ। ਸਰਦੀਆਂ ਵਿੱਚ ਉਹਨਾਂ ਪਲਾਂ ਲਈ ਤਿਆਰ ਰਹੋ ਜੋ ਮਹੱਤਵਪੂਰਨ ਹਨ।

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Poster

ਸਰਦੀਆਂ ਵਿੱਚ ਉਹਨਾਂ ਪਲਾਂ ਲਈ ਤਿਆਰ ਰਹੋ ਜੋ ਮਹੱਤਵਪੂਰਨ ਹਨ।

ਤਿਨਕਦਲਾਸ਼ੀਆ, COVID-19 ਅਤੇ RSV ਤੋਂ ਆਪਣੇ ਆਪ ਨੂੰ ਬਚਾਉਣ ਲਈ ਟੀਕਾਕਰਨ ਕਰਵਾਓ।

health.gov.au/winter-vaccinations/translated-resources

Social media tiles

To download these resources for Punjabi speakers, visit the [Punjabi resource page](https://www.health.gov.au/winter-vaccinations/translated-resources).

RUSSIAN CAMPAIGN RESOURCES



БУДЬТЕ ЗДОРОВЫ, БУДЬТЕ БЛАГОПЛУЧНЫ, БУДЬТЕ ГОТОВЫ К ЗИМЕ И ВАЖНЫМ МОМЕНТАМ

Сезонные заболевания охватывают все остальные категории людей, чтобы вы могли чувствовать себя хорошо и наслаждаться важными моментами.

Важно помнить, что в сезон гриппа, COVID-19 и других сезонных заболеваний вы можете чувствовать себя плохо. Это может быть особенно опасно, если вы старше 65 лет или у вас есть хронические заболевания. Поэтому важно подготовиться к зиме и важным моментам.

Сделайте прививку от гриппа, COVID-19 и других сезонных заболеваний. Это поможет вам избежать болезни и оставаться здоровым. Узнайте больше о вакцинации на сайте health.gov.au/winter-vaccinations/translated-resources.

Fact sheet

БУДЬТЕ ГОТОВЫ К ЗИМЕ К МОМЕНТАМ, КОТОРЫЕ ИМЕЮТ ЗНАЧЕНИЕ

Зима — это время, когда вы можете чувствовать себя плохо. Это может быть особенно опасно, если вы старше 65 лет или у вас есть хронические заболевания. Поэтому важно подготовиться к зиме и важным моментам.

Сделайте прививку от гриппа, COVID-19 и других сезонных заболеваний. Это поможет вам избежать болезни и оставаться здоровым. Узнайте больше о вакцинации на сайте health.gov.au/winter-vaccinations/translated-resources.

Flyer

БУДЬТЕ ГОТОВЫ К МОМЕНТАМ, КОТОРЫЕ ВАЖНЫ ЭТОЙ ЗИМОЙ

Сделайте прививку от гриппа, COVID-19 и других сезонных заболеваний. Это поможет вам избежать болезни и оставаться здоровым. Узнайте больше о вакцинации на сайте health.gov.au/winter-vaccinations/translated-resources.

1. Сделайте прививку от гриппа, COVID-19 и других сезонных заболеваний.
2. Принимайте меры предосторожности, чтобы избежать заражения. Это включает в себя мытье рук, избегание тесного контакта с другими людьми и ношение маски.
3. Планируйте заранее, чтобы избежать стресса и беспокойства. Это может включать в себя подготовку к зиме и важным моментам.
4. Обратитесь к врачу, если вы чувствуете себя плохо. Это поможет вам избежать осложнений и оставаться здоровым.
5. Обратитесь к врачу, если вы чувствуете себя плохо. Это поможет вам избежать осложнений и оставаться здоровым.

Checklist

БУДЬТЕ ЗДОРОВЫ, БУДЬТЕ БЛАГОПЛУЧНЫ, БУДЬТЕ ГОТОВЫ К ЗИМЕ И ВАЖНЫМ МОМЕНТАМ

Важно помнить, что в сезон гриппа, COVID-19 и других сезонных заболеваний вы можете чувствовать себя плохо. Это может быть особенно опасно, если вы старше 65 лет или у вас есть хронические заболевания. Поэтому важно подготовиться к зиме и важным моментам.

Сделайте прививку от гриппа, COVID-19 и других сезонных заболеваний. Это поможет вам избежать болезни и оставаться здоровым. Узнайте больше о вакцинации на сайте health.gov.au/winter-vaccinations/translated-resources.

Poster

БУДЬТЕ ГОТОВЫ К ЗИМЕ И ВАЖНЫМ МОМЕНТАМ

Сделайте прививку, чтобы защитить себя от гриппа, COVID-19 и РСВ.

health.gov.au/winter-vaccinations/translated-resources

Social media tiles

To download these resources for Russian speakers, visit the [Russian resource page](#).

SERBIAN CAMPAIGN RESOURCES



Fact sheet



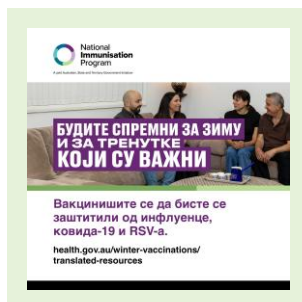
Flyer



Checklist



Poster



Social media tiles

To download these resources for Serbian speakers, visit the [Serbian resource page](#).

SPANISH CAMPAIGN RESOURCES

MANTÉNGASE BIEN, MANTÉNGASE SANO. MOMENTOS QUE IMPORTAN

Mantenerse al día de las vacunas ayuda a mantenerse sano durante el invierno, pero que puede estar bien y disfrutar de los momentos que importan. Las personas mayores de 65 años deben ser vacunadas contra la gripe, el virus respiratorio sincitial (VRS) y el virus de la COVID-19. Manténgase al día de las vacunas para protegerse y disfrutar de los momentos que importan.

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Fact sheet

PREPÁRESE PARA EL INVIERNO PARA LOS MOMENTOS QUE IMPORTAN

Las personas mayores de 65 años deben ser vacunadas contra la gripe, el virus respiratorio sincitial (VRS) y el virus de la COVID-19. Manténgase al día de las vacunas para protegerse y disfrutar de los momentos que importan.

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Flyer

PREPÁRESE PARA LOS MOMENTOS QUE IMPORTAN ESTE INVIERNO

La gripe y el virus de la COVID-19 pueden ser graves y complicados. Manténgase al día de las vacunas para protegerse y disfrutar de los momentos que importan.

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Checklist

MANTÉNGASE BIEN, MANTÉNGASE SANO. PREPÁRESE PARA EL INVIERNO Y DISFRUTE DE LOS MOMENTOS QUE IMPORTAN

Se recomiendan las vacunas contra la gripe, la COVID-19 y el virus respiratorio sincitial (VRS) para las personas mayores. Póngase a su medio o farmacéutico que compruebe su estado de vacunación y si cumple los requisitos para recibir vacunas gratuitas a través del Programa Nacional de Inmunización. También pueden aconsejar sobre que vacunas se recomiendan para usted y cuándo ponerlas. Hable con su profesional sanitario y reserve turno para vacunar hoy mismo.

Poster

PREPÁRESE PARA EL INVIERNO PARA LOS MOMENTOS QUE IMPORTAN

Vacúnate para protegerte contra la gripe, la COVID-19 y el VSR.

health.gov.au/winter-vaccinations/
translated-resources

Social media tiles

To download these resources for Spanish speakers, visit the [Spanish resource page](#).

TURKISH CAMPAIGN RESOURCES



Fact sheet



Flyer



Checklist



Poster



Social media tiles

To download these resources for Turkish speakers, visit the [Turkish resource page](#).

VIETNAMESE CAMPAIGN RESOURCES



Fact sheet

Flyer

Checklist

Poster

Social media tiles

To download these resources for Vietnamese speakers, visit the [Vietnamese resource page](#).

ENGLISH CAMPAIGN RESOURCES



STAY WELL, STAY HEALTHY. BE WINTER READY FOR THE MOMENTS THAT MATTER

Keeping your immunisations up to date helps you stay healthy during winter, so you can stay well and enjoy the moments that matter.

People aged 65 years and over are at higher risk of severe illness from respiratory viruses like influenza, COVID-19 and respiratory syncytial virus (RSV), so we get our immune system stronger, lowering the risk of severe illness and hospitalisation.

Influenza, RSV and COVID-19 expose us to a range of germs that can cause serious respiratory illness or other risks.

All vaccines available in Australia are tested thoroughly to make sure they are safe and work. Immunisation also helps to reduce your risk of severe illness.

About influenza (flu)

Influenza is a contagious viral infection which is more common than common cold. People infected with influenza can experience severe illness or even death in some circumstances. Those at greatest risk of severe illness are particularly susceptible and those aged over 65.

Because influenza viruses change each year, annual vaccination is recommended. The vaccine is best given about 4 weeks before the winter season.

Influenza vaccination also helps under the National Immunisation Program for people aged 65 and over, who live in one of the following states or territories:

COVID-19 is a highly contagious respiratory disease that spreads through the air when an infected person breathes, talks, sneezes or coughs.

Organic COVID-19 exposures are the best way to ensure your protection against severe illness, hospitalisation, and death. This can naturally happen to older adults.

People aged 65+ years are recommended to get a free COVID-19 vaccination every 12 months.

People 75 years and over are recommended a free extra boost 6 months.

COVID-19 vaccines are provided free by the Australian Government, regardless of your Medicare or visa status.

Fact sheet

WINTER VACCINATION INFORMATION FOR AGED CARE PROVIDERS

For more information, visit health.gov.au/winter-vaccinations/translated-resources

Guide for aged care providers

BE READY FOR THE MOMENTS THAT MATTER THIS WINTER

The following checklist can help you review the types of winter vaccinations with your loved ones.

1. In the winter you could talk about getting vaccinated for influenza, COVID-19 and RSV before winter sets in.
2. Encourage them to act early. It's best to get vaccinated each year when the winter season is possible from March to April to be protected before the peak season. But it is never too late to vaccinate.
3. Check they make an appointment with their doctor or go to their local pharmacy to talk about the eligibility for free winter vaccines.
4. Be prepared to answer any questions or concerns that might arise. You can point out that other people are at increased risk of catching germs if you aren't getting vaccinated if they catch a respiratory virus.
5. Remind them that vaccination is the best way to prevent the winter flu, RSV and COVID-19 so they can enjoy the holidays and that winter.
6. Let them know the health support line is available to get the COVID-19 and RSV vaccines for the same appointment or separately.

For more information, visit health.gov.au/winter-vaccinations/translated-resources

Checklist

BE WINTER READY FOR THE MOMENTS THAT MATTER

Get vaccinated to protect yourself from influenza, COVID-19 and RSV.

health.gov.au/winter-vaccinations/translated-resources

Social media tiles

STAY WELL, STAY HEALTHY. BE WINTER READY FOR THE MOMENTS THAT MATTER

Influenza, COVID-19 and respiratory syncytial virus (RSV) vaccines are recommended for older people.

Ask your doctor or pharmacist to check your vaccination status and eligibility for free vaccines through the National Immunisation Program.

They can also advise you on which vaccines are recommended for you and when to get them. Speak to your health professional and book your vaccinations today.

For more information, visit health.gov.au/winter-vaccinations/translated-resources

Poster

BE WINTER READY FOR THE MOMENTS THAT MATTER

People aged 65 years and over are at higher risk of severe illness from respiratory viruses like influenza, COVID-19 and respiratory syncytial virus (RSV), so we get our immune system stronger, lowering the risk of severe illness and hospitalisation.

Staying up to date with recommended immunisations is the best way to stay well and healthy in the winter months. Get your winter vaccines from March to April before the start of the winter to make it easier to remember. Speak to your health professional and book your vaccinations today.

For more information, visit health.gov.au/winter-vaccinations/translated-resources

Remember to also:

- Get your Medicare (GPI) card if you don't have one.
- Participating pharmacies.
- Local council immunisation clinics (available in some states and territories).
- Community health centres.
- Hospital aged care vaccination services (for people living in aged care).

It's best to get your flu, RSV and COVID-19 vaccines for the same appointment or separately.

Flyer

To download these resources for English speakers, visit the [English resource page](#).



Community partners are trusted voices who help older people, and their families and carers, access information on winter vaccinations.

Community partners can support the campaign by:

- sharing translated resources through trusted channels such as newsletters, email updates, websites and social media
- displaying posters and printed resources in aged care and community settings, and during in-home care visits where appropriate
- sharing winter vaccination information during everyday interactions, such as check-ins, care planning and community activities
- using speaking points when discussing flu, COVID-19 and RSV vaccinations with older people and families.

This activity is non-clinical. Medical questions should be referred to a GP, pharmacist or immunisation provider.



RESOURCE USE EXAMPLES

Residents and clients

- Share resources during routine interactions
- Discuss winter vaccinations during meetings or activities.

In-home care

- Share resources during home visits
- Provide information to clients and families during care interactions.

Families and carers

- Include resources during home visits
- Provide information to clients and families during care interactions.

Staff

- Use speaking points during staff briefings.



KEY SPEAKING POINTS

Opening

- “We’re sharing some information to help everyone stay well over winter.”
- “There are a few vaccines recommended for older people this time of year.”

Why it matters

- “As we get older, illnesses like influenza (flu), COVID-19 and RSV can make us very sick.”
- “Vaccination helps reduce the risk of getting seriously unwell and going to hospital.”

What’s recommended

- “If you’re 65 or over, you can get a free influenza (flu) vaccine every year through the National Immunisation Program (NIP), if you have a Medicare card or are eligible for one.”
- “COVID-19 vaccination is free, no Medicare card is needed. It is recommended every 12 months for people aged 65 to 74, and every 6 months for people aged 75 and over.”
- “If you’re 75 years and over, you can get a free RSV vaccine through the NIP.”
- “Influenza (flu), COVID-19 and RSV vaccines can be received at the same appointment, or separately. Speak to your GP or pharmacist about what’s right for you.”

More information

- “You can get vaccinated at your GP or local pharmacy.”
- “If you’re not sure what vaccines you need, your GP or pharmacist can help check for you.”



THANK YOU

For more information visit:

health.gov.au/winter-vaccinations/translated-resources

For any queries related to the campaign, please contact us at:
engagement@culper.com.au