



Central Coast
Local Health District

Healthy Bites Episode 37 – Influenza vaccination

Hello, I'm Donna Moore, an immunisation clinical nurse consultant from Central Coast Health.

Each year, the influenza virus causes a high number of respiratory illnesses in our community. Flu is more serious than the common cold and severe cases can result in breathing difficulties and pneumonia. People aged 65 years and over are at increased risk of complications.

However, your risk can be greatly reduced by getting your annual flu shot on time! You may not know it, but a single flu shot could save your life. People aged 65 and over, and other at higher risk of severe illness are eligible for free vaccines under the National Immunisation Program.

So why delay? Visit your GP or pharmacist today to talk about influenza vaccines.