



**Aboriginal
Health Council
of Western Australia**

About the flu (influenza)



What is the flu?

- The flu is a virus that can spread quickly and make you very sick.
- The flu can also lead to other health problems, like an infection in your lungs or heart.
- If the flu leads to other health problems, you might need to go to hospital.

Who is most at risk from the flu?

Anyone can get the flu. But the flu can be worse for:



People younger than 5 years old



People 65 years and older



Aboriginal and Torres Strait Islander people



Pregnant women

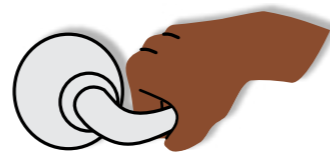
How does the flu spread?

The flu can spread when people:

- sneeze
- cough



You can also get the flu **if you touch something that someone with the flu has sneezed or coughed on.** Like a door handle.



The flu is more common in autumn and winter. But you can get the flu any time.



When you catch the flu, you might have:



▶ A fever



▶ The chills



▶ Pain in your joints and muscles



▶ A headache

You might also have a:



▶ Cough



▶ Sore throat



▶ Runny or stuffy nose



▶ The flu can also make you feel very tired

What to do if you have the flu:

- ✔ rest as needed



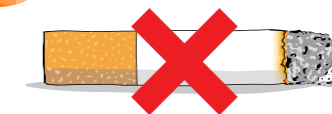
- ✔ increase fluid intake



- ✔ take painkillers if necessary



- ✔ reduce or stop smoking



- ✔ stay home and away from others



- ✔ dispose of used tissues in a bin



- ✔ consider yourself contagious until you stop sneezing or coughing



When to get help

You should call Triple Zero (000) and ask for an ambulance straight away if:

- it is hard to breathe
- you are breathing very fast
- you feel pain in your chest
- you feel confused or dizzy
- you keep vomiting.

You should tell the person on the phone that you might have the flu.

For help with flu symptoms that are not urgent, you can speak to a nurse by calling the **1800 MEDICARE helpline (1800 633 422)**.



What is the flu vaccine?

- **The flu vaccine is medicine that:**
 - helps you fight the flu virus if you come into contact with it
 - can stop you getting very sick from the flu
 - helps your body build protection against the flu.
- Getting a flu vaccine is the **best way to protect yourself, your mob and community** from the flu.

- It can **help you stay healthy** and keep doing the things you love.
- It is always **checked for safety**.
- You need a new flu vaccine **every year** to keep you safe.
- You **can't catch flu** from the flu vaccine.
- The flu vaccine is recommended for all people over **6 months** of age.

More information:

You can call your health clinic, or AMS if you:

- have the flu
- have health questions
- don't need an ambulance.

For more information about the flu vaccine, go to **Access Health WA**.
www.access.health.wa.gov.au/immunisation
or scan this code with your phone.



You can find out more about the flu on the **HealthyWA** website or by scanning this code with your phone.
www.healthywa.wa.gov.au/Articles/F_I/flu-Influenza-vaccine



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