

Winter is Coming ARE YOU READY?

It is predicted to be a challenging winter with a combination of COVID and respiratory conditions – particularly influenza. This winter we encourage you to do three things.

BE PREPARED: Stay home if you're not feeling well. Create a kit with medicines and food in case you do get sick and need to stay home.

BE ARMED: Vaccination is the most effective measure to protect us from infectious diseases. Book your COVID and Flu vaccinations

BE YOUR OWN CHAMPION: Leave the emergency department for emergencies and visit Patientinfo to know where to go for medical help.

Visit patientinfo.org.au or scan the QR code for more information and help this winter.



Local people. Trusted knowledge.



BE PREPARED • BE ARMED • BE YOUR OWN CHAMPION