

# Winter Wellness

## Information for parents

Prepare, plan and protect this winter.

The cooler months bring colds, the flu, COVID-19 and other illnesses. That's why being prepared is the best way to protect yourself and your family.



### Prepare:

Be prepared by ensuring your child has received their annual flu vaccine. This will boost their immunity against most likely circulating flu strains and help stop them getting very sick.

### Who can get vaccinated?

#### **Flu vaccination**

Flu can be serious for young children. Children are most likely to catch and spread the flu and young children may become very sick.

An annual flu vaccine is recommended for everyone aged 6 months and older. Children aged six months to under five years are strongly recommended to receive a flu vaccine. Children who have never had a flu vaccination will need two doses, one month apart.

Talk to your GP or healthcare provider about free\* flu and COVID-19 vaccinations for your child today as well as any possible out-of-pocket costs or private fees.

#### **COVID-19 vaccination**

COVID-19 vaccination is recommended for all people aged 5 years or older to protect against COVID-19. Some children six months to five years who have complex or multiple medical conditions that increase their risk of getting very sick from COVID-19 are also recommended to receive a COVID-19 vaccine.

Your child can get their flu and COVID-19 vaccines in the same appointment if eligible for COVID-19 vaccination.



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## Plan:

If your child is at higher risk of becoming very sick from the flu, COVID-19 or other respiratory illnesses, make a plan with your healthcare provider for when your child becomes sick.

This plan should include how your child will get tested and actions to take when they are unwell.

Plan for your children to stay at home when they are unwell.



## Protect:

Protect others, especially those at risk of severe illness, by keeping your child home if they're unwell, encouraging regular hand washing, and cover coughs and sneezes.

If your child tests positive to COVID-19 or another respiratory illness, let their close contacts know to help reduce the spread.

*If anyone has cold or flu-like symptoms they should:*

- stay home while unwell
- not visit high-risk places like hospitals, residential aged care facilities, disability residential settings, or friends or relatives who are at risk of serious illness.
- Depending on their age, consider wearing a face mask in indoor public spaces and on public transport.
- avoid large gatherings and crowded indoor places.



*If you are concerned about your child's symptoms:*

- Contact your usual GP/medical practitioner
- Call HealthDirect to speak to a Registered Nurse 24/7 on 1800 022 222. They can provide advice when you're not sure what to do and may arrange for a call back from a GP.
- Visit [www.tasafterhours.com](http://www.tasafterhours.com) to find medical options near you available on evenings, weekends and public holidays, including after hours GPs, walk-in clinics and pharmacies.
- Call the COVID@homeplus team on 1800 973 363.  
The team can help with getting tested, antiviral medicine for those eligible and care for higher risk people who have COVID-19, flu and other respiratory illnesses.

## For more information

**Public Health Hotline: 1800 671 738**

[health.tas.gov.au/winter-wellness](http://health.tas.gov.au/winter-wellness)



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