



GANDANGARA
Local Aboriginal Land Council

Marumali
Health Services
Transport Services



Make sure your vaccinations are up-to-date in time for winter

Respiratory syncytial virus (RSV) vaccination:

RSV is a common, highly contagious virus that infects the airways and lungs. RSV spreads between people when an infected person produces small water droplets while talking, coughing or sneezing. The droplets can be inhaled by others or land on surfaces where the virus can live for several hours.

For Older Adults (60+): Recommended for those 75+ and for 60-74 year olds with medical risk factors or Aboriginal/Torres Strait Islander status.

Flu Vaccination

Yearly influenza vaccination is recommended for all people aged 6 months and over. Flu vaccinations are free for:

- Aboriginal and Torres Strait Islander people aged 6 months and over
- Children aged 6 months to under 5 years
- Pregnant women at any stage of pregnancy
- People aged 65 years or over

COVID

Regular COVID vaccinations are the best way to maintain your protection against severe illness, hospitalisation and death from COVID.

They are especially important for anyone aged 65 years or older and people at high risk.



Booster dose recommendations

COVID VACCINE	Less than 5 years	5 to 17 years	18 to 64 years	65 to 74 years	75 years and older
Without severe immunocompromise	Not recommended	Not recommended	Consider a dose every 12 months	Recommended every 12 months and can consider a dose every 6 months	Recommended every 6 months
With severe immunocompromise	Not recommended	Consider a dose every 12 months	Recommended every 12 months and can consider a dose every 6 months	Recommended every 12 months and can consider a dose every 6 months	Recommended every 6 months

Measles

There is currently an increased risk of measles in NSW, and NSW Health is advising people to continue to be alert for signs and symptoms of measles. Measles is a very contagious viral illness that causes rash and fever.

Free Measles Vaccination

Children: 12 months and 18 months, Australian Government Department of Health, Disability and Ageing.

Under 20 years old: Eligible for catch-up if missed in childhood, Australian Government Department of Health, Disability and Ageing.

Born during or after 1966: Free catch-up doses are available for adults who have not received two doses.

Two doses of the measles vaccine (given at least four weeks apart) provide long-term, possibly lifelong, protection in about 99% of vaccinated people.

Is your Baby's immunisation up to date?

Baby immunisation schedule reminder

6 weeks
4 months
6 months
12 months
18 months
4 years

Receive a free baby tee or bodysuit from Marumali with your baby's vaccination.

Ready to book or want more information?

Gandangara Health Services (GHS)

☎ (02) 9601 0700

✉ health@glalc.org.au

ALL OF US CAN DO OUR PART TO HALT THE SPREAD AND KEEP YOUR MOB SAFE