Winter Resilience Checklist

Plan ahead and stay well. Complete the Winter Resilience Checklist and keep it on hand in case of illness.

- ☐ Book your flu vaccine now
- ☐ Keep up-to-date with COVID-19 boosters
- ☐ Eat healthy meals low in sugar, fat and salt
- ☐ Maintain daily physical activity
- ☐ If you can, spend time outdoors during the day to improve mood
- ☐ Where possible, keep indoor spaces well-ventilated
- ☐ Get plenty of sleep to boost immunity
- ☐ Practise good hygiene, wash hands regularly
- ☐ Wear a mask in highly populated areas.

If unwell, stay home, practise good hygiene, and see your GP for your flu vaccine before symptoms take hold.

General Practitioner (GP):

_____

_____

Emergency Department:

_____

Triple Zero: 000

Support person:

_____

Useful links

Visit the Sydney North Health Network website at https://sydneynorthhealthnetwork.org.au/ for:

- A copy of this flyer and Winter Resilience Checklist (translated in multiple languages)
- Frequently Asked Questions about the flu, vaccines, and how to stay healthy this winter.

Useful Contacts

HealthDirect:
1800 022 222 for 24hour health advice from a nurse.

Head to Health: 1800 595 212 for mental health support for people struggling during the COVID-19 pandemic.

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NORTHERN SYDNEY
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SYDNEY NORTH
Health Network

Winter Resilience
Make winter about you, not the flu.

Plan ahead for winter.
Protect yourself, your family and friends from flu this winter so you can keep doing the things you enjoy.

Winter resilience

Are you ready for winter? Plan ahead to keep yourself and your family well, so you can keep doing the things you enjoy.

Flu is back in 2022 due to reduced exposure to the virus over recent years, increased social interaction, and the reopening of international borders.

What is the flu?

Flu is a highly contagious respiratory illness caused by influenza viruses. Anyone of any age can get the flu (even healthy people). It can cause mild to severe illness and even death.

People most at risk of becoming seriously ill from the flu include:

• children under five years of age

• adults aged over 65 years

• people with chronic medical conditions (asthma, diabetes, or heart disease, etc)

• Aboriginal and Torres Strait Islander people

• pregnant women.

Vaccination is your best protection against flu and COVID-19 to avoid serious illness.

Symptoms

Flu can come on suddenly and symptoms include:

• fever (high temperature)

• muscle or body aches

• cough

• sore throat

• runny or stuffy nose.

Flu is different from the common cold and COVID-19, although symptoms may be similar. It is possible to get the flu and COVID-19.

Speak with your GP about getting your flu shot and COVID-19 booster at the same time.

Vaccination

A free flu shot will be available to all NSW residents over six months of age, from 1 June until 30 June.

Free flu shots are available at GPs or pharmacies. Pharmacists can administer the flu shot to children from five years of age.

The flu shot is already free for people considered at high-risk of serious illness from flu including:

• people aged 65 years and over

• children aged six months to under five years

• pregnant women

• Aboriginal and Torres Strait Islander people from six months of age

• people with serious health conditions (including severe asthma, diabetes, cancer, immune disorders, obesity, kidney, heart, lung or liver disease).

For more information visit the NSW Health website at https://www.health.nsw.gov.au