

Flu Shot FAQs

What is the flu?

The flu is a potentially serious infection of the nose, throat and lungs caused by flu viruses. It spreads easily from person to person.

What is the difference between the flu and the common cold?

Both flu and the common cold cause infection of the nose and throat, but they are caused by different viruses. The flu can be much more serious than the common cold as it can affect your lungs and you can end up in hospital.

Who is at risks of flu?

The flu can be serious and can cause death. Our Mob is at high risk of getting crook with the flu. Complications, such as difficulty breathing and needing to go to hospital are most common among our Old People, jarjum under 5 years old, pregnant people and people with other health issues, such as lung and heart conditions and diabetes.

Why should I get the flu shot?

The flu shot helps you stay healthy and strong and can protect you and your Mob from the flu. If you are pregnant, the flu shot will also protect your bub against flu when bub is born, as they cannot get the flu shot before 6 months old. Getting the flu shot lowers the chance of needing to go to hospital if you get the flu.

When should I get the flu shot?

You should get the flu shot any time from April, to be ready for peak flu season. Peak flu season is usually between June and September but can be earlier. It's never too late to get vaccinated, since the flu circulates all year round.

I've heard about FluMist – what is it and how can I get it?

FluMist is a needle-free nasal spray flu vaccine given by a health worker to 2-17 year olds. It's new in 2026 and may assist with young ones who are distressed by needles.

Where can I get the flu shot?

Your local Aboriginal and Torres Strait Islander Health Service, as well as many local chemists provide the flu shot. If you go to your GP, also ask them about any other vaccines that you may be eligible for to stay healthy.

I already had the flu recently; should I get a flu shot this season?

Yes, we still recommend getting the flu shot even after you have had the flu recently. Getting the flu shot can lower the risk of becoming crook from other strains of the virus. If you have been crook with flu, you should wait until you are feeling well again before getting the flu shot.

We recommend getting the flu shot every year because the strains change each year. The new season flu shots are updated each year to match the circulating strains as closely as possible

Can I get the flu shot and the COVID shot at the same time?

Yes, the flu shot and COVID shot can be given at the same visit for people who are due for both. The best way to protect against both infections is to make sure you have had both shots.

What's new about the RSV vaccine?

RSV is another respiratory virus that circulates strongly during the winter months. It's now available free of charge for First Nations people over 60 and everyone over 75.