

Stay well this winter

[Influenza \(flu\)](#) can be serious, especially for children.

Choose to protect yourself and your loved ones with an [annual flu vaccine](#). The earlier you and your family get vaccinated, the better your protection heading into winter.

Keeping our school community well

We encourage parents and carers and students to:

- wash or sanitise your hands thoroughly and regularly, particularly before and after touching your face
- cough or sneeze into your elbow
- stay home if unwell and consult your GP or [Nurse-on-Call](#) as needed
- stay up to date with your flu vaccinations.

Flu vaccinations

Flu vaccination is recommended for everyone aged 6 months and older.

Some people are more at risk of severe illness from flu, especially babies and toddlers. They can get a [free vaccination](#) as part of the National Immunisation Program.

You can book a flu vaccine through your GP or pharmacy, or [find a flu vaccine near you](#).

RSV vaccinations for mothers and babies

[RSV \(respiratory syncytial virus\)](#) is a common virus that causes colds and ear infections. In babies, it can cause severe illness like [bronchiolitis](#).

The RSV vaccine is available for pregnant women as part of the National Immunisation Program. In Victoria, eligible babies can also get the RSV vaccine until Wednesday 30 September 2026.

You can speak with your GP or midwife about the vaccine.

Find out more

For more information about staying well this winter, refer to:

- your GP, pharmacist or midwife
- the Better Health Channel – [Don't risk the flu](#) campaign, including information about flu and other vaccines. This information is available in different languages
- the Better Health Channel – [RSV vaccine for mothers and infants](#)
- the Raising Children Network – [influenza](#), [COVID-19](#), [bronchiolitis](#) and [helping your child prepare for vaccination](#).