

How to keep your mob well this winter

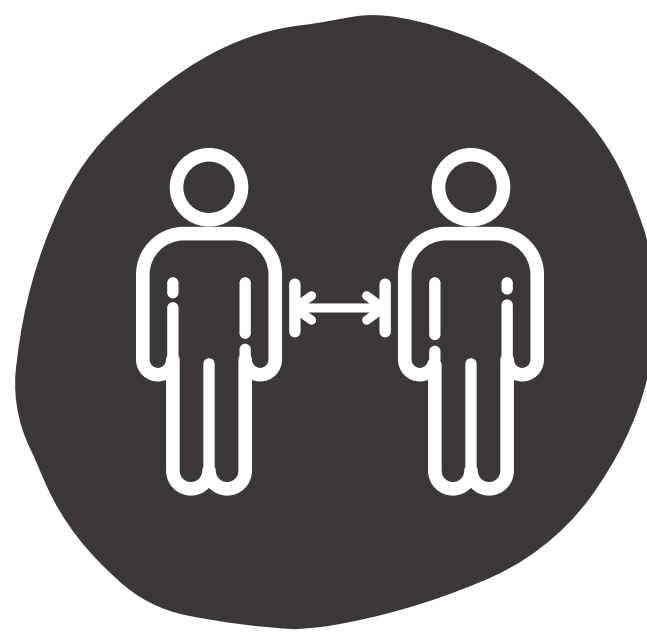


Barwon Health



COVID vaccination

Ensure you have had your booster dose or winter dose (if eligible)



Keep your distance

Keep 1.5 mt apart from others where possible



Wear a mask to stay safe

Wear a mask when you can't socially distance



Antiviral medication

If you have COVID and or influenza, are over 30 or are immunosuppressed speak to your GP about antiviral medication (if eligible)



Flu vaccination

Ensure you have had flu vaccination which you can have at the same time as a COVID vaccination

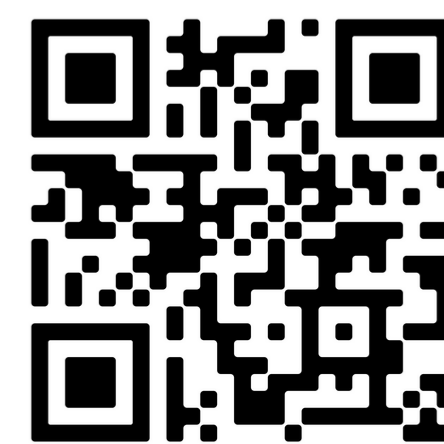


Stay home

If you are unwell stay home to keep others safe

For information on antiviral medication or vaccinations, scan the QR code or speak to your GP today.

If you are unable to contact your GP, you can contact a Respiratory Clinic for a telehealth appointment on (03) 9975 8401.



SCAN ME