

# What is the flu?

**The flu is caused by a virus that spreads easily between mob. It can make your nose, throat and lungs sick.**

People most at risk of getting very sick from flu are young children, elders, pregnant women and people with health conditions such as diabetes, lung or heart problems.

The flu vaccine helps you stay healthy and strong. It can stop you getting very sick and may stop you from going to hospital. Getting the flu vaccine each year is the best way to protect yourself and your mob from the flu.

In 2026, the flu vaccine is free for everyone in Queensland aged 6 months and older. A nasal spray vaccine is also available for children aged 2 to 17 years (before they turn 18).

## Symptoms

You will usually get flu symptoms a few days after coming into contact with the virus.

*Some of the symptoms are:*



Fever



Muscle or joint pain



Sore throat



Tiredness



Dry cough



Nausea (feeling sick), vomiting or diarrhoea (loose and runny poo) mostly among kids.



Headaches



Confusion or shortness of breath.

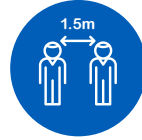
## How it spreads

Flu can spread when infected people cough or sneeze and do not cover their mouth and nose with their elbow or a tissue. It can also spread when you touch dirty surfaces that have the virus on them and then touch your mouth, nose, or eyes.

## Help stop the spread of flu



Get the flu vaccine every year.



Distance yourself from people who cough and sneeze.



Wash your hands with soap and water. Or use an alcohol-based hand rub.



Clean commonly used surfaces with a clean, wet towel. Dry them after.



Stay home if you are unwell.



Don't share anything that has touched the mouth or nose.



Cover your nose and mouth with a tissue or elbow when you cough and sneeze.



Wear a mask around others to protect them.

## Treatment

If you do get the flu, there are a few things you can do to manage the symptoms, and protect your mob:

- Stay at home.
- Drink plenty of water.
- Take pain medicines to help reduce your symptoms.

## Where to get your free flu vaccination

You can get your free flu vaccination from your GP, community health clinic, pharmacy or Aboriginal and Torres Strait Islander health service. You do not need a Medicare card to get the free flu vaccine if you live in Queensland.

## Need more information?

More information is available at [Vaccination Matters](#). You can also talk to your GP, pharmacist or Aboriginal Health Practitioner if you have any questions about getting the free flu vaccine, or call **13 HEALTH** on **13 43 25 84** and speak to a nurse. Ask for an interpreter if you need one, it's free.



*You can find out more about the free flu vaccine, and resources in your language by searching 'flu facts qld' or using this QR Code.*



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**to learn more**