

Ina flu miza?

Flu ngapa virus-oengu, mabaygiya oedhaypa. Nginu piti, koerkak a ngoenawoelay lag kikiripa maypa.

Koeyma gasamoeypa nabi kikir moegina kazil, kulba mabaygal, mathaylgal a diabetic-al, ngoenakapaw a ngoenawalay lagaw kikiriw mabaygal.

Flu vaccine-an nginu gamu puridhoeralnga aympa. Ngin koey kikiripa mayginga a mamu hospital-oepa mabaginga. Watha wathaya nanga flu vaccine gasampa mabaygan, ngidh nginu gamu a mura mabaygal thanamun gamul yawaymoeypa flu-ngu gasamoeyle.

2026-inu flu vaccine modhabiginga mura mabaygoepa Queensland-anu 6 moelpal mapethoengu karaypa koey mabaygoepa. Nasal spray vaccine ina moegina kazipa 2 wathangu karaypa 17 wathalgoepa.

Gamunu kikir kedha yadupalgan

Ngidh nanga gasaman virus, moenari goeygiw kalanu nginu gamu kikir mizin.

Ithabi gamu kikiril adhapuydhan:



Gamu kom a gamu gabu



Gamu madhuw a woeyamaw kikir



Koerkak kikir



Gamu kawba



Kasa kubak



Gamu yan maypa, migis a maytha kikir (pira kuma) moegina kaziya.



Kuyku kikir



Kuyk gurguypungaypa a ngoenapuydhaypa.

Kikir kedha gudpaliz

Flu kedha gudpaliz, kikiril mabayg nanga piti a gud woerdhayginga tissue-n a kudun kubakaw a asoropuydhay thonara. A wara kedha zapuya nanga geth nidhepa virus kay sena gimal woeynayzinga mepa, kalanu gethan gumi manin gudgapa, pitipa a purkapa.

Ngidh flu kedha woedhaypa gudpalayle



Mura wathiya flu vaccine gasamar.



Mabaygiya nanga kubak a asoro ngi thanamuniya amadhan maygi.



Geth garwoelag sopal woernu a wara kedha gethaw piniw merisinin.



Woeray towel tadin zangu gima wanay lagiya. Kalanu pilel palan.



Matha laganu medha ngi nanga kikirilayg.



Mi zapun nanga piti a gud gasamoedhin, thana gethan gasamoeyginga.



Nginu piti a gud tissue-n a wara kedha kudun wardhan ngin nanga kubak puydhan a asoropuydhan.



Mask angi ngi nanga mabaygiya gamuya mepa thanumulngu gasamoeyle.

Kikir kedha treat manin

Ngidh nanga flu gasaman, ngidh kedha zapul aymamoeyn kikiripa adhapamoeypa a mabaygoengu gasamoeyle:

- Laganu yawpugi.
- Koeyma ngukin wanedha.
- Pain-aw merisin manin kikiripa thoewpalaypa.

Free flu vaccine thabi lagoengu gasaman

Ngidh free flu vaccine koezi gasaman GP-ngu, community health centre, chemist a Aboriginal and Torres Strait Islander health service. Mamu medicare card-apa lawnga free flu vaccine-oepa gasamoeypa ngi nanga Queensland-anu nipa.

Wara yapa nanga?

Wara yadayl itha muynu [Vaccination Matters](#).

A wara yapa nginu doctor-pa ya muliz, chemist-oepa, Aboriginal Health Worker-pa yapupoeybiz free flu vaccine-aw yapa a inabi phone number-pa wayan

13 HEALTH ina **13 43 25 84** nurse-apa ya muliz.

Interpreter-pa a kedha ya muliz nginu nanga ubi, sena lak kedha modhabiginga.



Wara yapa gasamoeypa free flu vaccine-apa a dhuray zapul yangukudulmayl nginu yangu poelayzimayl itha muynu "flu facts qld" a ina wara QR Code.



 Ina flu facts qld wara yapa