

# Wanem da flu?

**Da flu e spread bitwin pipol bai smol samting ol kolek virus. E ken meke nos, trot ane dem lungs blo yu kam sik.**

Dem pipol uda ken ize kese dis flu sik e: yang sildren, old pipol, oman uda pamle ane pipol uda oredi gad helth problem wase diabetes, lung o heart problem.

Da flu vaccine e elpe yu po stap elthi ane strong. E ken elp stape yu prom kam prapa sik ane yu mait no nid po go hospital. Da bes wei po protekt yu ane yu pamle prom da flu e bai gede da flu vaccine ebri yia.

Lo 2026 dis flu vaccine e pri po ebriwan wea Queensland uda modan 6 mants. Dempla uda bitwin eiz 2 ane 17 (bipo dempla kam 18) dempla ken gede da nos spre vaccine.

## Ip yu bin gede da flu

Yu mait stat po gede da flu a few dei apta yu bin kese da virus.

*Wiskain yu sabe yu bin kesem:*



Piba



Muscle ane zoint e gad pein



Trot sore



Prapa tired



Drai kop



Pil sik, spiu o beli ran. E apen plenti taim wea sildren.



Ed sore



Pil nugud ane gad sotwin.

## Wiskain e spred

Dis flu e ken spred wen samwan uda sik e kop o sniz ane no kabare maut ane nos wea elbo o tissue. Ane e ken spred wen yu tase ples wea e dati ane e gad da virus sidaun de ane den yu tase maut, nos o eye blo yu.

## Help po stape da flu prom spred



Gede flu vaccine ebri yia.



No stanap klostun po pipol wen yu kop ane sniz.



Wash hand wea soap ane wata. O yuze dem hand rub wea dem botol.



Wash dem bench yu yuzem wea klin wet towel ane den drai em.



Stap aus ip yu pil sik.



No gibe nada pipol dem ting wanem bin wea yu maut o nos.



Kaba nos ane maut wea tissue o elbo wen yu kop ane sniz.



Wen yu wea nada pipol pute mask wea face.

## Tritment

Ip yu kese da flu, e gad demting ya po mekem so dat yu no kam prapa sik, ane po protekt yu pamle:

- Stap aus.
- Drink plenti wata.
- Teke medsin po pein po stape dem ed sore.

## Wea po gede pri flu vaccine

Yu ken gede pri flu vaccine prom dokta blo yu, komuniti helth klinik, chemist o Aboriginal ane Torres Strait Ailan helth ples. Yu no nid Medicare card po gede da pri flu vaccine ip yu lib wea Queensland.

## Wande mo inpomeisan?

Yu ken gede mo inpomeisan prom [Vaccination Matters](#).

Yu ken tok dokta blo yu, chemist o

Aboriginal Helth Practitioner ip yu gad eni kweston

baut gede da pri flu vaccine, o yu ken ring **13 HEALTH** wea **13 43 25 84** ane tok po nurse.

Ip yu wandem, yu ken ask po interpreter.

Yu no go nid po pei.



*Yu ken gede mo inpomeisan baut da pri flu vaccine, ane inpomeisan wea langgus blo yu ip yu Google 'flu facts qld' or yuze dis QR Code.*



Q flu facts qld

po paindaut mo