

Mr Fisher,

2025 Influenza and COVID vaccinations – available from 7th April 2025

BALMORAL MEDICAL PRACTICE IS LAUNCHING OUR WINTER VACCINATION PROGRAMME FOR 2025.

1. FLU VACCINE

Q. Should I get the flu vaccine this year?

A. We strongly encourage all our patients to be immunised against flu – we are already seeing early cases of flu this year.

Q. I know there's a stronger vaccine for over 65s. I'm 60-64, can I get the stronger vaccine?

A. There is a higher dose vaccine available for this age group. It's prescription only so if you are interested in receiving this, please make an appointment to discuss this with your GP.

Q. What is the cost?

A. The flu vaccine is \$29 unless you are eligible for a free vaccine:

- Those aged 65 and over,
- Children aged 6 months—under 5 yrs,
- Those with a chronic health condition which predisposes them to flu,
- Pregnant women,
- Aboriginal/Torres Strait Islander people from aged 6 months

Q. When can I book in for my flu vaccine?

A. From 7th April 2025. You can either have your flu shot at a regular appointment with your GP or we will have appointments on Mondays, Tuesdays, Thursdays or Fridays with our nurse. Reception can book you in.

2. COVID VACCINE

Q. Am I eligible to get the COVID booster?

A. For the COVID booster, you must not have had a COVID booster in the last 6 months and:

- **Adults 75 or over** – recommended every 6 months
- **Adults 65 or over** or **18-64 with immune compromise** – recommended every 12 months
- **Adults 18-64 without risk factors** - not recommended

Q. Why should I get the COVID booster?

A. It will have been some time for many patients since their last COVID vaccine, so your protection against infection will be waning at a time where infections will likely increase as we move into winter. Vaccination continues to be the best form of defence against severe illness, particularly if you are aged 75 or over.

Q. What COVID booster are you offering?

A. We offer the newest Pfizer vaccine – JN.1

Q. What is the cost?

A. The COVID vaccine is free.

Q. When can I book in for my COVID vaccine?

A. You can have your COVID booster at the same time as your flu vaccine. Please advise Reception at the time of booking.

PLEASE DO NOT ATTEND ANY APPOINTMENT IF YOU ARE EXPERIENCING ANY COLD/FLU LIKE SYMPTOMS

The information provided in this fact sheet is provided for general purposes only and is not intended to be specific medical advice. For information specific to your circumstances, please consult a general practitioner.

**As a practice, we only send a reminder email once a year regarding our winter vaccination programme.
If you do not want to receive this next year, please click [unsubscribe](#).**