

Influenza vaccine

Influenza (the flu) is a contagious virus. It is recommended that NDIS participants receive the influenza vaccination every year.



What are the symptoms of Influenza?

Influenza (the flu) causes breathing issues, fever, chills, joint and muscle pain, headache, and can make you feel tired.



Who is at risk of Influenza?

People with disability, especially those living in shared housing, are at a greater risk of serious complications caused by influenza, such as hospitalisation and death.



How can you protect yourself?

Vaccination is the most effective way to reduce the spread of influenza and reduce serious complications.



How can I get the influenza vaccine?

The influenza vaccine is voluntary for all Australians, including NDIS participants. Before receiving the vaccine, participants, their guardian or other decision-maker, must give informed consent. NDIS providers can offer support, by discussing any concerns participants may have, seeking advice on how to help when they are anxious about receiving vaccines, and accompanying them during the vaccination.

NDIS Provider

- Discuss concerns
- Seek advice on anxiety
- Accompany to vaccination



How often should people be immunised?

It is recommended that NDIS participants receive the influenza vaccination every year.

The COVID-19 vaccine, including booster doses, is also strongly recommended.



Influenza vaccine
Every year



COVID-19 vaccine
As soon as possible



Find out more

For full details on this practice alert and the obligations for NDIS support workers, and access to other training and resources, please visit [ndiscommission.gov.au/workerresources](https://www.ndiscommission.gov.au/workerresources)



NDIS Quality and Safeguards Commission