



Community immunity



Protect your loved ones
& get **vaccinated** today!



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PHARMACY

where local health matters

Myth: I can't receive my flu shot and COVID-19 booster at the same time.

Fact: You can get an influenza vaccine at the same time as a COVID-19 vaccine.¹

Myth: Getting the flu shot might give me the flu.

Fact: None of the influenza vaccines available in Australia contain live virus, so they cannot cause influenza.²

Myth busting

Myth: I got my flu shot last year, I don't need another one. OR, once you've had a flu shot you're protected forever.

Fact: The types of influenza virus circulating in the community changes, so each year the vaccines are updated. You get the best protection in the 3-4 months after your flu shot then your immunity may reduce over time. As such it is important to be vaccinated each year before flu season starts.¹

Myth: The flu is not that serious!

Fact: The impact of flu can be severe. Flu symptoms can last for over a week and you could miss out on work, family time or other important events. In some cases, the flu can lead to serious complications and can be potentially life-threatening. You don't know how the flu will impact you until you catch it.



Arma Yourself

to relieve symptoms of cold and flu

HEALTHCARE PROFESSIONAL ONLY



BioCeuticals™

Always read the label and follow the directions for use.

IQVIA™, Pharmacy Sell Out Service, Practitioner Brands, Vitamins & Supplements category, Total Sales and Units, 52 weeks W/E 2023-10-28.

INNERHEALTH



Support your body's natural immune response this winter.

Inner Health Restore Biotic is a specialised course of probiotics for immunity.

70% of your immune system is located in your gut - which is why a healthy gut means a healthier you.¹

Always read the label and follow the directions for use.

Book in your **vaccinations** with your local Healthcare Heroes today!

1. https://www.health.gov.au/sites/default/files/2023-06/atagi-advice-on-seasonal-influenza-vaccines-in-2023_0.pdf
2. https://ncirs.org.au/sites/default/files/2023-03/influenza-fact-sheet_Mar_2023_update_FINAL.pdf



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