

# Winter Wellness

Communications Resources

*May 2026*

***Residential Aged Care Messaging***

# Purpose

This pack has been designed to support Grampians region Aged Care providers in promoting flu prevention and winter wellness. It includes posters and social media materials that can be adapted and shared across platforms.

By working together, we can improve health outcomes and share relevant information with a wider audience.

If you'd like to discuss material suggestions or co-branding opportunities, please contact us at [phu@gh.org.au](mailto:phu@gh.org.au)

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# 'Do not visit if you are unwell' – Visitor Posters

Fit  
 Actual size  
 Shrink oversized pages  
 Custom Scale:

[Download Variant 1 PDF](#)

Sore throat, cough or fever?

**Caring means staying away if you're sick**

Please **do not visit** if you are unwell

Flu season is here, and we all play a part to protect everyone in our home

[my.gh.org.au/flu](https://my.gh.org.au/flu)

Grampians Health  
Grampians Public Health Unit

This poster features a red header with virus icons and the text 'Sore throat, cough or fever?'. Below this is a white callout box with the text 'Caring means staying away if you're sick'. To the right is a red octagonal sign with a white hand icon and the text 'Please do not visit if you are unwell'. The main image shows a healthcare worker in a blue uniform with a stethoscope around their neck, smiling and touching the shoulder of an elderly man in a tan shirt. A white text box at the bottom left contains the message 'Flu season is here, and we all play a part to protect everyone in our home'. The footer includes a search bar with the URL 'my.gh.org.au/flu' and the Grampians Health logo.

[Download Variant 2 PDF](#)

Sore throat, cough or fever?

**Caring means staying away if you're sick**

Please **do not visit** if you are unwell

Flu season is here, and we all play a part to protect everyone in our home

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This poster features a red header with virus icons and the text 'Sore throat, cough or fever?'. Below this is a white callout box with the text 'Caring means staying away if you're sick'. To the right is a red octagonal sign with a white hand icon and the text 'Please do not visit if you are unwell'. The main image shows two elderly women sitting together; one is wearing a blue sweater and a colorful scarf, and the other is wearing a white sweater. A white text box at the bottom left contains the message 'Flu season is here, and we all play a part to protect everyone in our home'. The footer includes a search bar with the URL 'my.gh.org.au/flu' and the Grampians Health logo.

# Social Media ('Do not visit if you are unwell')

Please feel free to use the following assets on your own social media channels.

### Suggested accompanying text

The flu can be serious. Everyone plays a part to protect our residents.

- 🏠 Stay home if you're feeling unwell
- 🧼 Wash and sanitise your hands regularly
- 🤧 Cover coughs and sneezes
- 📅 Get your annual flu vaccine – it's recommended for everyone aged 6 months and over..

Let's look after each other this flu season.

Learn more at [my.gh.org.au/flu](https://my.gh.org.au/flu)

### Download Variant 1 PNG



1080 x  
1080  
Square

[my.gh.org.au/flu](https://my.gh.org.au/flu)

Grampians  
Health  
Grampians Public  
Health Unit

### Download Variant 2 PNG



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1080  
Square

[my.gh.org.au/flu](https://my.gh.org.au/flu)

Grampians  
Health  
Grampians Public  
Health Unit

# 'Don't Risk the Flu' Posters

When printing, please select 'fit' to ensure the entire image is visible.

Fit

Actual size

Shrink oversized pages

Custom Scale:

[Download Variant 1 PDF](#)

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[Download Variant 3 PDF](#)

Protect yourself and your family

## Don't risk the flu



 Book your **annual flu vaccination** with your GP, pharmacist or community health nurse

 [my.gh.org.au/flu](https://my.gh.org.au/flu)

 Grampians Health  
Grampians Public Health Unit

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 Grampians Health  
Grampians Public Health Unit


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 Grampians Health  
Grampians Public Health Unit

# 'Don't Risk the Flu' Posters

When printing, please select 'fit' to ensure the entire image is visible.

Fit

Actual size

Shrink oversized pages

Custom Scale:

[Download Variant 4 PDF](#)



Protect yourself and your family

## Don't risk the flu

 Book your **annual flu vaccination** with your GP, pharmacist or community health nurse

 [my.gh.org.au/flu](https://my.gh.org.au/flu)

 Grampians Health  
Grampians Public Health Unit

[Download Variant 5 PDF](#)



Protect yourself and your family

## Don't risk the flu

 Book your **annual flu vaccination** with your GP, pharmacist or community health nurse

 [my.gh.org.au/flu](https://my.gh.org.au/flu)

 Grampians Health  
Grampians Public Health Unit

[Download Variant 6 PDF](#)



Protect yourself and your family

## Don't risk the flu

 Book your **annual flu vaccination** with your GP, pharmacist or community health nurse

 [my.gh.org.au/flu](https://my.gh.org.au/flu)

 Grampians Health  
Grampians Public Health Unit

# 'Stop the Spread' Posters

When printing, please select 'fit' to ensure the entire image is visible.

- Fit
- Actual size
- Shrink oversized pages
- Custom Scale:

[Download](#)  
Variant 1 PDF

[Download](#)  
Variant 2 PDF

[Download](#)  
Variant 3 PDF

[Download](#)  
Variant 4 PDF

Protect yourself and others

## Stop the spread of flu

**Healthy habits help stop the spread of flu**

- Wash hands regularly 
- Cover coughs and sneezes 
- Stay home if unwell 



[my.gh.org.au/flu](https://my.gh.org.au/flu) 

Protect yourself and others

## Stop the spread of flu

**Healthy habits help stop the spread of flu**

- Wash hands regularly 
- Cover coughs and sneezes 
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[my.gh.org.au/flu](https://my.gh.org.au/flu) 

Protect yourself and others

## Stop the spread of flu

**Healthy habits help stop the spread of flu**

- Wash hands regularly 
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[my.gh.org.au/flu](https://my.gh.org.au/flu) 

Protect yourself and others

## Stop the spread of flu

**Healthy habits help stop the spread of flu**

- Wash hands regularly 
- Cover coughs and sneezes 
- Stay home if unwell 



[my.gh.org.au/flu](https://my.gh.org.au/flu) 

# Social Media ('Don't risk the flu')

Please feel free to use the following assets on your own social media channels.

You may also wish to share directly from the Grampians Health campus page.

## Suggested accompanying text

**The flu can be very serious.** Everyone aged 6 months and over is recommended to get the annual flu vaccine.

👉 The flu vaccine reduces your risk of severe illness and helps protect you, your family, and your community.

The flu vaccine is free for eligible groups including

- Children aged 6 months to under 5 years
- Aboriginal and Torres Strait Islander people aged 6 months and older
- Adults aged 65 years and older
- Pregnant women
- People with medical conditions that increase the risk of severe flu

📅 Book with your local immunisation provider today! While the vaccine is free for eligible high-risk groups, there may be an administration cost. Ask your healthcare provider.

Learn more at [my.gh.org.au/flu](https://my.gh.org.au/flu)

# Social Media ('Don't risk the flu')

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You may also wish to share directly from the Grampians Health campus page.

## Download Variant 1 PNG



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## Download Variant 2 PNG



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## Download Variant 3 PNG



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# Social Media ('Don't risk the flu')

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You may also wish to share directly from the Grampians Health campus page.

## Download Variant 4 PNG



1080 x  
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## Download Variant 5 PNG



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## Download Variant 6 PNG



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# Social Media ('Stop the spread')

Please feel free to use the following assets on your own social media channels.


You may also wish to share directly from the Grampians Health campus page.

## Suggested accompanying text

Help stop the spread! The flu can be serious—but there are simple ways we can all help protect ourselves and others:

-  Stay home if you're feeling unwell
-  Wash and sanitise your hands regularly
-  Cover coughs and sneezes
-  Get your annual flu vaccine – it's recommended for everyone aged 6 months and over, and the vaccine is free for eligible groups.

Let's look after each other this flu season.

-  Book your flu shot today with your local immunisation provider.

Learn more at [my.gh.org.au/flu](https://my.gh.org.au/flu)

# Social Media ('Stop the spread')

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## Download Variant 4 PNG



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# Additional Resources

The Victorian Department of Health has a suite of resources that you may wish to use

[Access 2026 Seasonal Influenza Immunisation advice for Immunisation Providers](#)

['Don't Risk the Flu' and RSV Vaccine Stakeholder Pack \(2025 version, current\)](#)

The Australian Department of Health, Disability and Ageing has a suite of resources that you may wish to use

[Access 2026 'Stick it to the Flu' Resource Packs](#)

['Stick it to the Flu' Aboriginal and Torres Strait Islander Resource Pack](#)

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# Thank you