

Winter Wellness

Communications Resources

May 2026

Education Settings Messaging

Purpose

This pack has been designed to support Grampians region education and childcare 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

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'Protect your child from the flu' Posters

Fit

Actual size

Shrink oversized pages

Custom Scale:

[Download Variant 1 PDF](#)

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[Download Variant 3 PDF](#)



Protect your child from the flu



Vaccination is the best protection for your child this winter.

The flu vaccine is **free** for children aged 6 months to under 5.

my.gh.org.au/flu



Grampians Health
Grampians Public Health Unit



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'Sick kids? Keep them home' Posters

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The **flu** spreads quickly



**Sick kids?
Keep them
home**

Keeping unwell children at home helps protect classmates, staff, and families during flu season

my.gh.org.au/flu



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'Stop the Spread' Posters

Fit

Actual size

Shrink oversized pages

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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 

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Newsletter text

Please feel free to use the following text in your newsletter communications .

Suggested accompanying text

Protect Your Family This Flu Season

The flu can be very serious, especially for children. That's why **flu vaccination is recommended for everyone aged 6 months and over each year.**

The flu vaccine helps reduce the risk of severe illness and protects not only your child, but the wider **school/kinder/childcare** community. It's important that you keep your child home if they are feeling unwell. Symptoms like a sore throat, cough, or runny nose can spread illnesses to others.

The 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 and over
- Pregnant women
- People with medical conditions that increase the risk of severe flu

You can book a flu vaccination through your local immunisation provider. While the vaccine is free for eligible high-risk groups, there may be an administration fee—check with your healthcare provider.

For more information, visit my.gh.org.au/flu.

Let's work together to keep our **school/kinder/childcare** community healthy this winter!





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 our community:

-  Stay home if you're feeling unwell
-  Wash and sanitise your hands regularly
-  Cover coughs and sneezes
-  Get your flu vaccine each year – 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

Download Variant 1 PNG



1080 x
1080
Square

Download Variant 2 PNG



1080 x
1080
Square

Download Variant 3 PNG



1080 x
1080
Square

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](#)

Thank you