

Should you get vaccinated if you have already had COVID-19?

Yes!

Boosters are still important even if you've had COVID-19 because you can have it more than once.

There has been a big increase in reinfection rates due to the Omicron variant.

Get vaccinated and boosted, whether or not you've already had COVID-19 in the past.

Remember to tell your health care provider when you last had a COVID-19 infection.

Don't forget to get your flu shot!

A flu vaccine will not protect you against COVID-19 but it will reduce your risk of catching and spreading the flu and requiring medical help.

COVID-19 vaccines can be given on the same day with influenza and other vaccines.

Here's why we are getting vaccinated:



PROTECT YOURSELF FROM COVID-19 THIS WINTER

For more information visit
ahcsa.org.au
or call 08 8273 7200

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Aboriginal Health Council
of South Australia Ltd.

Here are some things you can do to prevent yourself and members of your community from catching COVID-19:

1. Wear a face mask when in public indoor spaces

2. Wash your hands often with soap and water for at least 20 seconds

3. Keep your distance

- stay 1.5 metres away from others wherever possible
- avoid physical greetings such as handshaking, hugs, and kisses
- take extra care on public transport
- avoid crowds and large gatherings

4. Get vaccinated

Vaccination is the best way to reduce your risk of getting sick with COVID-19.

Vaccines train your immune system to recognise and respond to viruses that can cause serious illnesses.

Vaccines that protect against COVID-19 are designed to generate an immune response specific to the virus that causes COVID-19.

The Australian Technical Advisory Group on Immunisation (ATAGI) recommends a primary course of vaccination against COVID-19, followed by a booster dose.

For most people, a primary vaccination course consists of 2 doses.

5. Get boosted

Has it been more than 6 months since you last had a COVID vaccine or a positive COVID test?

If so, from 20 February 2023, you should get a booster if you are:

- Aged 65 years and over, or
- Aged 18-64 years with chronic health problems or a disability

It's also a **good idea** to get a booster if you are:

- Aged 18 -64 years and healthy
- Aged 5-17 years with chronic health problems or a disability

If you are under 18 and healthy, a booster dose is not recommended for you right now.

If you are due, it is best to get your booster before June 2023 to keep safe this winter.

For more information call the National Coronavirus Helpline:

1800 020 080

