

Protect yourself.

Your Protection Protects Others.

Flu Vaccination 2026

Annual vaccination is the most effective way to prevent influenza and its complications, supported by respiratory etiquette, staying home when unwell, and hand hygiene.

Why it matters

Seasonal influenza circulates across Australasia each year, with peak activity between June and September. It can lead to serious illness, hospitalisation and death.

Why healthcare worker vaccination matters

Protects vulnerable patients, reduces transmission in healthcare settings, and protects colleagues during peak season.

Who is at higher risk?

- Young children and older adults
- Pregnant people
- Aboriginal and Torres Strait Islander, Māori and Pacific peoples
- People with chronic medical conditions

What's new in 2026

FluMist® (intranasal) now available for children aged 2-17 years – privately and via state programs (NSW, QLD, SA, WA).

Plan ahead & travel

Vaccinate before the winter season. If travelling internationally, ask your provider about hemisphere-appropriate vaccines.

Key facts

- Recommended for everyone 6 months and older
- You cannot get influenza from the vaccine
- One dose per year; immunity takes 2 weeks
- Only contraindication: anaphylaxis to a prior dose or component – egg allergy is NOT a contraindication

2025 Influenza Snapshot

410,000+
cases in Australia

1,701
deaths
(highest this century)



Higher hospitalisation in young children, older adults, and Māori and Pacific people



Early, prolonged season

