



Influenza Vaccination 2026

Influenza (the flu) is a serious viral illness that can lead to severe complications, hospitalisation and even death, especially for young children, older adults, pregnant women and people with certain medical conditions. Annual vaccination is the best way to protect yourself, your family and the wider community.

Why get the flu vaccine every year?

- Influenza viruses change regularly, so the vaccine is updated each year.
- Protection from last year's vaccine decreases over time.
- The flu vaccine significantly reduces the risk of severe illness, hospitalisation and complications.
- Vaccination helps protect vulnerable people in the community.

Annual flu vaccination is recommended for everyone aged 6 months and over.

When should I get vaccinated in 2026?

- Flu vaccines for the 2026 season will be available at Beckenham Medical Centre from mid-April 2026.
- The best time to be vaccinated is before winter, ideally by late April or May.
- Protection is highest in the first 3–4 months after vaccination.
- Vaccination can still be given later in the season while flu is circulating.

FREE FLU VACCINES IN WESTERN AUSTRALIA -2026

Free influenza vaccines under the NATIONAL IMMUNISATION PROGRAM (NIP) are available for:

- **Children aged 6 months to under 5 years**
- **Adults aged 65 years or older**
- **Pregnant women (at any stage of pregnancy)**
- **An Aboriginal or Torres Strait Islander person**
- **A person aged 5 to under 65 years with certain medical conditions –Please speak to your GP to check if you are eligible.**
 - **WHEN: Mid April onwards**



Free WA STATE Funded Influenza Vaccines are available for:

1. People aged 12 to 64 years who are not eligible for a free vaccine under the National Immunisation Program (NIP)

WHEN : 1st May – 30th June 2026

2. Free Nasal Spray Flu Vaccine for Children (FluMist®) - Children aged 2 to 11 years

WHEN: Mid April – 31st July 2026

*Not suitable for children with moderate or severe immune conditions.

*Your healthcare provider will confirm if this vaccine is suitable for your child.

Flu vaccination and pregnancy

- The flu vaccine is safe and recommended during every pregnancy, at any stage.
- It protects both the mother and the baby during the first months of life.
- Pregnant women should receive the inactivated flu vaccine (needle).

How many doses do I need?

- Most people: 1 dose each year.
- Some children under 9 years receiving the flu vaccine for the first time may need 2 doses, at least 4 weeks apart.

Your healthcare provider will advise if a second dose is needed.

Are flu vaccines safe?

Yes. Flu vaccines used in Australia are thoroughly tested and monitored for safety.

- Soreness or redness at the injection site
- Mild fever
- Tiredness or muscle aches

These usually settle within a few days.

Can I have the flu vaccine with other vaccines?

- COVID-19 vaccines
- Whooping cough (pertussis) vaccine
- RSV vaccine (if recommended)



Book your flu vaccination

Make a note in your calendar for Mid- April to call us at Beckenham Medical Centre for a booking. Protect yourself, your family and the wider community this winter.

Getting vaccinated is a simple step that can make a big difference.

This information is based on Western Australian Department of Health and Australian Technical Advisory Group on Immunisation (ATAGI) guidance for the 2026 influenza season.