

## **Healthy Bites episode - COVID-19 and Influenza**

Hello, I'm Kat Taylor, the Director of the Public Health Unit at Central Coast Health.

Each year, the COVID-19 and influenza viruses cause a high number of respiratory illnesses in our community. Both viruses are more serious than the common cold, and severe cases can result in breathing difficulties, pneumonia and other complications.

People aged 65 years and over are at increased risk of complications. However, your risk can be greatly reduced by getting your annual flu and COVID vaccinations on time!

The flu and COVID vaccines can keep you out of hospital or even save your life. If you are aged 65 and over, or at higher risk of severe illness, you are eligible for a free annual flu vaccine under the [National Immunisation Program](#). You may also be eligible for a free COVID booster every 6 to 12 months, depending on your medical risk.

So why delay? Visit your GP or pharmacist to discuss your flu and COVID vaccinations today.