

Winter Wellness

Communications Resources

May 2025

Purpose

This pack has been designed to support Grampians region organisations 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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'Don't Risk the Flu' Posters

When printing, please select 'fit' to ensure the entire image is visible.

☒ Fit

☐ Actual size

☐ Shrink oversized pages

☐ Custom Scale:

Download Variant 1 PDF

Protect yourself
and **your family**

Don't risk the flu




Book your **annual flu vaccination**
with your GP,
pharmacist or
community
health nurse

 my.gh.org.au/flu

 Grampians
Health
Grampians Public
Health Unit

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Protect yourself
and **your family**

Don't risk the flu




Book your **annual flu vaccination**
with your GP,
pharmacist or
community
health nurse

 my.gh.org.au/flu

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Protect yourself
and **your family**

Don't risk the flu




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 my.gh.org.au/flu

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'Don't Risk the Flu' Posters

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Protect yourself
and **your family**

Don't risk the flu





Book your **annual flu vaccination** with your GP, pharmacist or community health nurse

 my.gh.org.au/flu

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Protect yourself
and **your family**

Don't risk the flu





Book your **annual flu vaccination** with your GP, pharmacist or community health nurse

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Protect yourself
and **your family**

Don't risk the flu





Book your **annual flu vaccination** with your GP, pharmacist or community health nurse

 my.gh.org.au/flu

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'Stop the Spread' Posters

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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

Grampians Health
Grampians Public Health Unit

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my.gh.org.au/flu

Grampians Health
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my.gh.org.au/flu

Grampians Health
Grampians Public Health Unit

Social Media ('Don't risk the flu')

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

The flu can be very serious. Everyone aged 6 months and over is recommended to get the annual flu vaccine.



The flu vaccine reduces your risk of severe illness and helps protect you, your family, and your community.

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



Book with your local immunisation provider today! While the vaccine is free for eligible high-risk groups, there may be an administration cost. Ask your healthcare provider.

Learn more at my.gh.org.au/flu

Social Media ('Don't risk the flu')

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.

Download Variant 1 PNG



1080 x
1080
Square

Download Variant 2 PNG



1080 x
1080
Square

Download Variant 3 PNG



1080 x
1080
Square

Download Variant 1 PNG



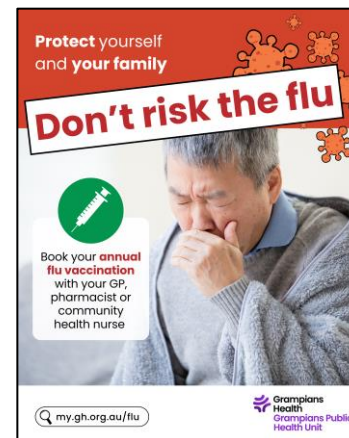
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Download Variant 2 PNG



1080 x
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Download Variant 3 PNG



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Social Media ('Don't risk the flu')

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.

Download Variant 4 PNG



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Download Variant 5 PNG



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Download Variant 6 PNG



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Square

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Download Variant 5 PNG



1080 x
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Download Variant 6 PNG



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Ratio





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 ourselves and others:

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

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.

Download Variant 1 PNG



1080 x
1080
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Download Variant 2 PNG



1080 x
1080
Square

Download Variant 3 PNG



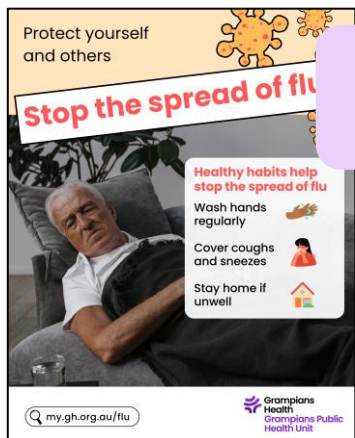
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Download Variant 1 PNG



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Ratio

Flu Vaccination Poster (for GP clinics)

Please contact phu@gh.org.au if you wish to replace the logo with your clinic logo

When printing, please select 'fit' to ensure the entire image is visible.

☒ Fit ☐ Actual size
☐ Shrink oversized pages ☐ Custom Scale:



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Social Media (for GP clinics)

Please feel free to use the following assets on your own social media channels.

→ Download social media slide here

Suggested accompanying text

The flu vaccine is available now! Don't risk the flu. Contact the clinic to book your annual flu vaccination today.



Additional Resources

The Victorian Department of Health has a suite of resources that you may wish to use

[Access 2025 Resource Pack](#)

The Australian Department of Health and Aged Care has a suite of resources that you may wish to use

[Access 2025 Resource Pack](#)

[‘Give Flu the Boot’ Aboriginal and Torres Strait Islander Resource Pack](#)

The Grampians Public Health Unit have created additional targeted resources

**[Access Grampians Region Education Settings
\(Early Learning/Kindergarten/Schools\)
Stakeholder Pack](#)**

**[Access Residential Aged Care Facility
Stakeholder Pack](#)**

Thank you