

Winter Wellness

Winter is the season for sniffles, coughs and colds, but a few simple habits can help protect our whole school community.

Simple Ways to Stay Well

🍷 Wash your hands regularly

Use soap and water, especially before eating and after coughing or sneezing.

😷 Cover coughs and sneezes

Use a tissue or your elbow to help stop germs spreading.

🏠 Stay home if unwell

Resting helps recovery and reduces the spread of illness to others.

🥗 Support your immune system

Aim for good sleep, healthy food, regular movement and plenty of water.

💉 Consider a flu vaccination

The flu vaccine can help protect you and those around you during winter.

☀️ Fresh air matters

Open windows where possible and enjoy time outdoors to support wellbeing.

Together, we can help keep students, staff and families healthier this winter.

Flu Vaccination Clinics

Yarra Ranges, Knox and Maroondah councils all offer community immunisation services, including flu vaccinations under the National Immunisation Program. Flu vaccines are a safe and effective way to help protect yourself and others during winter. Visit your local council website for clinic dates, eligibility information and bookings. _

<https://mvec.mcri.edu.au/references/victorian-council-immunisation-sessions/>



Urgent Care in Victoria

When you need urgent healthcare now, but it's not life-threatening, and you can't wait to see your GP, help is available. Click the link to find the right option for you <https://www.betterhealth.vic.gov.au/urgent-care-services>