

Kardinia Health Encourages Flu Vaccination Ahead of the 2025 Influenza Season

As flu season approaches, Kardinia Health is urging the local community to protect themselves and others through timely flu vaccination and informed prevention strategies.



Geelong, Victoria May 18, 2025 ([Issuewire.com](https://www.issuewire.com)) - Kardinia Health www.kardiniahealth.com.au is a modern medical centre in Belmont that welcomes diversity of race, culture, spirituality, gender, identity, ability, and sexuality. We seek to provide a safe and inclusive place for all. We deliver innovative primary health care; incorporating the values of traditional general practice methods with a team-based care approach and making the most of and utilising academic research, allied health, and nursing services. Together, our nursing, allied health, and administrative teams provide next-level patient care and the best outcomes for staff and patients.

As winter nears, influenza, or the flu, is a highly contagious respiratory virus that spreads through coughing, sneezing, and contact with contaminated surfaces. While it can initially resemble a common cold, the flu can lead to more severe symptoms and serious complications, particularly for those most at risk. Vulnerable groups include young children, older adults, pregnant women, Aboriginal and Torres Strait Islander peoples, and individuals with chronic health conditions. Healthy individuals are also encouraged to consider vaccination to help limit the spread and impact of the virus.

The 2025 seasonal flu vaccine is now available and recommended from mid-April, ahead of the typical peak flu period between June and September. The vaccine is reformulated each year to protect against the influenza strains most likely to circulate. It works by stimulating the immune system to develop antibodies, helping to reduce the risk of infection and serious illness.

“It takes around two weeks to build immunity after receiving the flu shot, so we encourage the community to get vaccinated early in the season,” says Michelle Heagney, CEO of Kardinia Health. “Vaccinating is one of the most effective ways to safeguard your health and minimise the spread of influenza within our community.”

Receiving the flu vaccine offers several key benefits, including updated protection against the latest strains, reducing transmission to vulnerable individuals, and helping to minimise disruptions caused by

illness. Preventing the flu can also help limit time away from work, school, or daily responsibilities.

Flu vaccinations are available at Kardinia Health in a welcoming, supportive environment for both regular patients and new visitors. With appointments now open, our health professionals are here to guide you on whether vaccination is right for you, supporting the health and wellbeing of the Geelong community through preventative care and proactive health measures.

For more information or to book your flu vaccination, contact Kardinia Health today.

www.kardiniahealth.com.au

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