

COVID-19 INFECTION AND VACCINATION

How does COVID-19 affect me?

- COVID-19 is a viral infection that causes a severe chest infection with fever, shortness of breath, muscle or body aches
- Older people are at higher risk of severe infection and death, especially if 70 years old or older and living in aged care facilities – 1/3 of deaths from COVID-19 in January 2023 was in residents of aged care facilities¹

How does the COVID-19 vaccine help?

- Recent COVID-19 vaccination reduces the risk of death in older adults by as much as 93% compared to those who are not vaccinated²
- Being vaccinated regularly (every 6 months) gives older adults the confidence to socialise with other residents and go out with family and friends without getting too sick if they catch COVID-19

When can I get the COVID-19 vaccine?

- 65–74 years old: 1 dose every 12 months (recommended every 6 months if you live in an aged care facility)
- 75 years and older: 1 dose every 6 months

What are common side effects of the COVID-19 vaccine?

- Pain, swelling or redness at the injection site, low-grade fever and muscle aches are common after the vaccine but go away by themselves after 2 - 3 days
- Paracetamol can help with injection site pain, fever or muscle aches

Why do I need a COVID-19 vaccination every 6 months?

- As time passes, protection from the vaccine decreases. This is why it is recommended that older adults have the vaccine every 6 months to maintain a good level of protection

Where can I find out more information?

[COVID-19 vaccines: Frequently asked questions \(FAQs\) | NCIRS](#)

¹ [CDNA National Guidelines for Public Health Units](#)

² [Recent COVID-19 vaccination highly effective against death caused by SARS-CoV-2 infection in older Australians | NCIRS](#)