

# saunders street clinic

## Newsletter May-June 2025

**PO Box 780, Wynyard, Tasmania 7325**

**37 Jackson Street, Wynyard, Tasmania**

**Phone: 03 6442 1700 Fax: 03 6442 1711**

**Hours: Monday-Friday 9 am-1230 pm, 2 pm-5 pm except Friday from 2.30 pm**

**Manager; Mrs Rebecca Berryman**

**Principal: Dr Jim Berryman**

**General Practitioners:**

**Registered practice nurses:**

**Dr Jim Berryman**

**Dr James Tan**

**Fiona Munday RN**

**Dr Bradley Williams**

**Dr Kathrina Del Rosario-Yap**

**Belinda Thomas RN**

**Dr Noora Albakkaa**

**Dr Michaele Rawson**

**Dr Allison Johnson**

**Dr Soha Alhusainy**

**Dr Stephanie Hey**

**Reception Staff:**

**Scott Parkin**

**Andrea lee**

**Karinda Brunsen**

**Jo Calder**

**Julie Shepperd**

### Stay safe this winter: protect yourself and those around you by getting vaccinated

As the weather cools down in most parts of Australia, protect yourself against serious illnesses by booking your vaccinations this winter

**Professor Anthony Lawler**

**Australian Government Chief Medical Officer**

As the weather cools down in most parts of Australia, I'd like to remind you to protect yourself against serious illnesses by booking your vaccinations this winter.

Influenza is the most common vaccine-preventable disease in Australia. Free influenza vaccines are now available through the Australian Government's National Immunisation Program for people most at risk of complications. For those not eligible for a free vaccine, you are able to purchase the vaccine through your vaccination provider.

I encourage you to also book vaccinations against other respiratory diseases at this time. This includes respiratory syncytial virus (RSV) and whooping cough if you are pregnant, and COVID-19 if you are in a group for whom it is recommended. It is safe to receive all of these vaccines at the same time as the influenza vaccine.

You can get your influenza, RSV and COVID-19 vaccines at general practices (GP), pharmacies, community health centres, Aboriginal Medical Services and immunisation clinics. Many workplaces also offer annual influenza vaccines.

Although we cannot predict the 2025 influenza season, we can learn from the data collected during the 2024 influenza season.

Last year, the highest notification rates for influenza were in children under 9 years, and worryingly the vaccine uptake was low in this group. The number of RSV cases was higher in 2024 than 2023, and most were in children aged 0-4 years. The highest notification rates for COVID-19 were in people aged 70 and over.

In 2024, there were more deaths involving influenza and RSV than in 2023. This is an important reminder that influenza, RSV and COVID-19 are not the common cold. These are very serious viruses that can cause severe illness, hospitalisation and even death among otherwise healthy children and adults.

So far in 2025, there has been a higher proportion of influenza B cases than seen at this time in recent years, particularly in school-aged children and young adults. Influenza B is often more common in children, and can result in more severe infections in children.

The good news is that all the influenza vaccines available in Australia cover both influenza A and B, making the seasonal influenza vaccine very effective at protecting people from needing to go to hospital or visit their GP due to complications from influenza.

It is important that everyone from the age of 6 months get vaccinated against influenza every year. I also encourage pregnant women to get vaccinated against RSV and whooping cough and people 65 years and over to stay up to date with regular COVID-19 vaccinations.

By getting vaccinated, you are protecting yourself and those around you from serious illness.

People eligible for a free influenza vaccine include:

- children aged 6 months to less than 5 years
- pregnant women at any stage of pregnancy
- First Nations people aged 6 months and over
- people aged 65 years or older, and
- people aged 6 months and over with certain medical conditions.

Contact



Australian Government

Departmental media enquiries

Contact for members of the media

[news@health.gov.au](mailto:news@health.gov.au) [02 6289 7400](tel:0262897400)

## About alcohol

Your starting point for information about alcohol — what it is, how it affects you, how much is safe to drink, standard drinks, alcohol laws and what we're doing to reduce alcohol-related harm.

- [What is alcohol?](#)  
Alcohol is a drug. Like other drugs, it affects the way your body works and can be toxic and addictive.
- [How much alcohol is safe to drink?](#)  
It's never completely safe to drink alcohol. Find out about the Australian guidelines so you can reduce your risk of harm from alcohol.
- [Standard drinks guide](#)  
Drinks come in different sizes and some are stronger than others. Use standard drinks to keep track of how much alcohol you're really drinking.
- [What are the effects of alcohol?](#)  
Find out what happens in your body when you drink alcohol and how it can affect your health, your finances, your friends and your family.
- [How can you reduce or quit alcohol?](#)  
Get some tips on how to take the first step. Find out why it's a good idea to see a doctor and to put together an action plan to achieve your goals.
- [Alcohol laws in Australia](#)  
Australia has laws to help keep us safe from the harmful effects of alcohol, such as laws on drink driving and where you can drink.
- [What we're doing about alcohol](#)  
We work with other organisations and the health community to reduce alcohol harm in Australia. Find out about our policies, guidelines and research.

Source: <https://www.health.gov.au/topics/alcohol/about-alcohol?language=en>