



Riverstone Family Medical Practice

April 2026 Update

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Protect Your Family against Winter Infections

Vaccination is the best way to protect yourself, your family and your community against the winter viral and bacterial infections. More respiratory infections are circulating in winter and there are vaccines available to protect against some of these infections. Please remember to stay home if you are unwell and seek medical advice if you are concerned.

1. Influenza - a 'flu' vaccine is recommended for anyone who wants protection against the flu viruses likely to be circulating this winter. This year a nasal formulation is available for children aged 2, 3 and 4 years. (See *clinical tip below*) **Free vaccination is available to people at higher risk of complications of the flu** including pregnant women, children aged 6 months to 5 years, people aged 65 and older, Indigenous people aged 6 months and older and people with certain medical conditions aged 6 months and older.

For more information see the [National Centre for Immunisation - Influenza Immunisation](#)



2. COVID - Covid is still circulating in the community and vaccination is available free for everyone. People at higher risk of complications and death from COVID-19 are recommended to keep their immunisation up to date.

For more information see the [National Centre for Immunisation - Covid-19 Vaccines](#)



3. Respiratory Syncytical Virus (RSV) - this virus circulates more in winter and children and older people are most at risk of severe disease and complications. Vaccination is available free to pregnant women. It is recommended for people aged 75 years and older, Aboriginal and Torres Strait Islander people aged 60 years and older, people with medical risk factors for severe RSV disease aged 60 years and older. The cost of the vaccination is about \$300.

For more information see the [National Centre for Immunisation - Respiratory syncytial virus \(RSV\) immunisation](#)



4. **Pneumococcal vaccine** is recommended for infants and children, all adults aged 70 years, Aboriginal and Torres Strait Islander adults aged 50 years and people with risk conditions for pneumococcal disease. Funding is available for certain groups so speak with your GP or nurse.

For more information see the [National Centre for Immunisation - Pneumococcal vaccines - FAQs](#)



CLINICAL Tip of the Month

Flu Vaccine for Children

Flu vaccine administered as a nasal spray is now available for children aged 2, 3 and 4. It is administered by your nurse and is 1 spray into the nostril. This vaccine is part of the free program, along with the flu injection.

For more information see NSW Health: [Nasal spray influenza vaccine](#)



Kerri Miller

CDM Administrator

STAFF SPOTLIGHT

Kerri will work closely with our doctors to support periodic care plans, annual health assessments and ongoing care - helping ensure nothing is missed and you receive the best possible care by your doctor.

Kerri looks forward to getting to know our patients and supporting you on your healthcare journey.

ADMIN Tip of the Month

- Please make sure your **personal details** are up to date, including your **address, phone number** and **email**.
- Its also important to have **two next of kin contacts** listed on your file. This ensures that if one person is unavailable, we can still reach someone quickly in an emergency - helping us provide you with safe and timely care.



Doctor's Leave

The following doctors will be on leave over the next two months:

- Dr Kirby Campbell-Wood 6 to 15 May, 23 May only
- Dr Michelle Crockett 8 to 30 May, 3 to 6 Jun
- Dr Revathy Ganeshananthan . 2 to 12 Apr, 12 & 15 May only
- Dr Lekha Gupta 20 Mar to 29 Apr
- Dr Melissa Joseph 24 Apr only, 15 to 30 May
- Dr Melissa Joseph 5 to 6 Jun
- Dr Matthew Lam 28 May to 17 Jun
- Dr Hanna Luong 11 Apr & 15 May only

*The Practice will be closed for Anzac Day and King's Birthday
Anzac Day - Saturday 25 & 27 April King's Birthday - 8 June*



**“Dogs come into our lives to teach us about love, they depart to teach us about loss. A new dog never replaces an old dog. It merely expands the heart.
”—Author Unknown**



Practice Hours: Monday to Friday 8am to 6pm, Saturdays 8am to 1pm
For After Hours Care we recommend the national Home Doctor Service for home visits,
 contact on 13 74 25 (13 SICK)