



Get your flu immunisation

Free for people 65 years and over who are eligible*
for publicly funded health services.

The influenza vaccine does not protect you from the Novel Coronavirus (COVID-19).



- 1 Free flu jab** – get vaccinated at your local family doctor (GP) or participating community pharmacist from 18 March 2020.



- 2 Coughing and sneezing** – Cover coughs and sneezes with tissues or clothing and wash hands afterwards for 20 seconds (wash your hands after wiping children's noses).



- 3 Wash your hands regularly** – Wash your hands regularly with soap and water for 20 seconds or use hand sanitiser.



- 4 Don't share food utensils** – Putting your own spoon, fork, or chopsticks into a shared dish spreads bugs.



- 5 Use tissues when spitting** – If you need to spit, spit into a tissue, throw it in the bin and wash your hands afterwards.



- 6 Feeling unwell** – Fevers, chills, muscle aches, a runny nose, coughing and stomach ache? Call Healthline **0800 611 116** or call ahead to talk to your local family doctor (GP). Interpreters are available on request.

**If you are ineligible for publicly funded health care, you can purchase the influenza vaccine through your family doctor (GP) or local pharmacist. For more information, go to www.healthpoint.co.nz*

The influenza vaccine is a prescription medicine. Talk to your family doctor (GP), nurse or local pharmacist about the benefits and possible risks or call Healthline 0800 611 116.