







# 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](http://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.