

Help stop
the spread
of flu

Aakina te wero
kia mau, kia uu



**Keep the flu out of your home.
Pregnant women, young
children and older people
get sicker with the flu.**

**Influenza, ‘the flu’, can be anywhere. It is easy to
catch through coughs and sneezes.**

Young children, babies, pregnant women and older people are more likely to get sick with the flu. Many people don't know they have the flu as they do not feel ill. But they can still pass it on and make other people very sick. The best way to protect yourself and your whaanau is by having a flu vaccination every year. This helps your body protect itself from flu.

fightflu.co.nz

The flu vaccine does not protect against Covid-19; however it will help prevent Influenza, which is a serious illness.


COUNTIES
MANUKAU
HEALTH



Use tissues to cover coughs and sneezes, and throw used tissues in the bin. If you don't have a tissue, use the top of your sleeve or the pocket of your elbow. Just remember to wash your top afterwards!



Encourage your whaanau to wash and dry their hands regularly with soap and warm water for 20 seconds, and then take 20 seconds to dry their hands well with a clean towel.



Disinfect surfaces and objects which may be contaminated with saliva such as door handles and keyboards.



Do not share drinks and cups.

**You can also call Healthline for advice on 0800 611 116.
Healthline has translation services available 24/7.**