

Can I get my flu vaccine at the same time as other immunisations?

Yes, you can. It's safe to have the flu vaccine at the same time as other immunisations, including the Covid-19 or shingles vaccines. Being up to date with your immunisations gives you the best possible protection.

Where can I get my FREE flu vaccine?

The flu vaccine is free for all people aged 65+ and many others. You can get your flu vaccine at your healthcare provider. Many pharmacies also offer the flu vaccine.

To book your vaccine visit [BookMyVaccine.nz](https://www.bookmyvaccine.nz) or call the Vaccination Healthline on **0800 28 29 26**.



For more information about getting immunised against Flu

- talk to your doctor, nurse, or healthcare provider
- call Healthline on **0800 611 116**
- visit [info.health.nz/flu](https://www.info.health.nz/flu)



Flu

Protect yourself and
your whānau

If you're 65+, get your **FREE** flu vaccine

Te Aka Whai Ora
Māori Health Authority

Health New Zealand
Te Whatu Ora

As you get older, your immune system gets weaker. This means you're at higher risk of catching flu and developing complications including pneumonia and hospitalisation, even if you feel fit and healthy.

Getting the flu vaccine is your best possible defence from catching or spreading the flu. To help boost your immunity get your yearly flu vaccine as soon as it's available.

What's the flu (influenza)?

The flu isn't just a common cold. It can be serious and make people very sick. In severe cases it can mean a hospital stay – particularly if you're 65+ or have an ongoing medical condition, such as heart disease or diabetes.

It can sometimes be fatal.

How can I protect myself from the flu?

Getting the flu vaccine every year is the best way to help protect yourself and your whānau and it's FREE if you're 65+. The flu vaccine changes each year to protect you against the most common expected flu strains. Although having the vaccine doesn't guarantee you won't catch the flu, it reduces your risk of serious illness if you do catch it. And you can't catch the flu from the vaccine – the vaccine used in New Zealand doesn't contain any live flu virus.

What side effects might I get after the flu vaccination?

Having side effects after your flu vaccination is a sign that your body's immune system is working well. After your immunisation you might experience pain, itching, redness at the vaccination site, aches and pains, fever and feeling generally unwell and tired. Most side effects shouldn't last long.