

## Can I get my flu jab and COVID-19 vaccine at the same time?

Yes, you can. There's no need to leave a gap between these vaccines. If you are due a COVID-19 vaccine, or other vaccinations, you may be able to get your flu jab at the same time. Having all your immunisations gives you the best possible protection.

## Where can I get my FREE flu jab?

You can get your free flu vaccine at your healthcare provider. Many pharmacies also offer the flu vaccine.

To book your flu jab visit  
**BookMyVaccine.nz**



For more information  
about getting immunised  
against flu

- talk to your GP, nurse or healthcare provider
- call the Vaccination Healthline on **0800 28 29 26**
- visit **immunise.health.nz/flu**



# Flu

Protect yourself and  
your whānau

If you're 65+, or 55+ and Māori  
or Pacific, get your **FREE** flu jab

**Te Aka Whai Ora**  
Māori Health Authority

**Te Whatu Ora**  
Health New Zealand

As you get older, you're at higher risk of catching flu and developing complications including pneumonia and hospitalisation, even if you feel fit and healthy.

Getting a flu jab is your best possible defence from catching or spreading the flu. To help boost your immunity get your yearly flu jab 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 55 and over and Māori or Pacific 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 a flu jab every year is the best way to help protect yourself and your whānau and it's free if you're 65+, or 55 and over and Māori or Pacific. The flu vaccine helps protect you from catching or spreading the flu. Although having the vaccination doesn't guarantee you won't catch the flu, it will give you more protection 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 jab?**

Having side effects after your flu jab 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.