

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

Yes, you can. There's no need to leave a gap between these vaccines. If you haven't already had it, it's a good idea to ask if you can get your COVID-19 vaccine or booster at the same time as your flu jab. Being up-to-date with all your vaccinations gives you the best possible protection.

Eligibility

In 2022, all people 65+, or 55 and over and Māori or Pacific, are eligible for the **free** flu jab. The flu jab is also **free** if you're pregnant or have a long-term medical condition like diabetes or a heart condition and for children 4 years old or younger who have been in hospital with a respiratory illness, such as asthma.

Where can I get my free flu jab?

You can get your **free** flu vaccine at your family doctor. Some pharmacies also offer the **free** flu vaccine. For the best protection get your flu jab as soon as it's available.

To find a place near you to get your flu jab or to get more information visit health.govt.nz/flu or call Healthline on **0800 611 116**

Protect yourself and your whānau this winter

If you're 65+, or 55 and over and Māori or Pacific, it's time to get your **FREE** flu jab



FLU 2022

**Te Kāwanatanga
o Aotearoa**

New Zealand Government

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MANATŪ HAUORA

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MANATŪ HAUORA

As people in Aotearoa emerge from their bubbles, there's a much bigger chance of catching the flu. Pandemic measures like mask wearing and hand hygiene mean we've had very little influenza circulating in New Zealand for the past two years, so our community immunity is lower than usual.

And, with international borders opening, we'll see more and new strains of the flu spreading in our communities.

Getting a flu jab is your best defence and it's **free** for those most likely to get very sick. That's why it's more important than ever to protect yourself from the flu by getting your yearly flu jab as soon as you can.

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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, are a young child, are pregnant, or have an ongoing medical condition, such as heart disease or diabetes.

It can sometimes be fatal – around 500 people die from the flu every year.

How can I protect myself from the flu?

Getting a flu jab every year is the best way to protect yourself and your whānau and it's **free** if you're 65+, or 55 and over and Māori or Pacific. Regardless of your health or living situation the flu vaccine can 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 vaccination 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.