

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

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

Ask your vaccinator to check if you're due for other immunisations.

## 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 many healthcare providers including your GP and local pharmacy.

To book your vaccine visit [info.health.nz/bookavaccine](https://info.health.nz/bookavaccine)



For more information about getting immunised against flu

- talk to your doctor, nurse, or healthcare provider
- call the **Vaccination Helpline** on **0800 28 29 26**
- visit [info.health.nz/flu](https://info.health.nz/flu)



# FLU2025

Protect yourself and your whānau

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

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 get it. It also means you are less likely to pass it to someone who may become very unwell with flu e.g. someone who is pregnant or immunocompromised. 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 and protective antibodies are being made. After your immunisation you might experience soreness at the vaccination site, body aches and pains, fever and feeling tired. Most side effects shouldn't last longer than 24 - 48 hours.