

FLU2025 Protect yourself and your whānau

An annual flu vaccine is recommended for everyone over 6 months. It is **FREE** for:

- People aged 65+
- Pregnant people
- Many people with underlying health conditions including those with mental illness or addiction.

For more information or to book your vaccine, visit info.health.nz/flu

Te Kāwanatanga o Aotearoa New Zealand Government

Health New Zealand
Te Whatu Ora