



# Stay well this winter

## Protect against flu

As international travel starts again and people reunite, this means there'll be more flu spreading in our communities. Help stop the spread of flu and reduce the chance of going to hospital by getting the flu vaccination.

### The flu vaccine is free\* for:

- ◆ Everyone aged 65 years and older.
- ◆ Children 6 months to 4 years of age with a history of breathing problems.
- ◆ Anyone who is pregnant, has asthma, diabetes, heart conditions and some other health concerns.

\*NZ Citizens and permanent residents can visit the GP, local pharmacy or community vaccination centre to get their FREE flu vaccine. Non-eligible people can opt to pay for a vaccine at their GP or local pharmacy.

**Children aged 6 months to 4 years need to get their flu vaccination at a GP Clinic. It's still FREE for those who are eligible.**

For more information speak to your GP, Nurse or phone **0800 611 116**  
Interpreter support available.

Check out [winterwellness.nz](https://www.winterwellness.nz) for more information



YOUR WINTER WELLNESS

# Checklist

- Talk with your family about who can get the flu vaccine for free and who might be due for other vaccinations.
- Look after your mental and spiritual health.
- If you're unwell, stay at home until you recover. Rest and keep hydrated.
- Wear a mask, cough into your elbow and wash your hands regularly.
- Keep your home warm and dry. Information about free help is available at **winterwellness.nz**
- Talk to your health practitioner about any health concerns you may have. You can also call Healthline for free advice on **0800 611 116**

If you have had COVID-19 you can get your flu vaccine when you have finished isolating and feel well again. You can get your flu vaccine at the same time as any COVID-19 vaccine.

Check out **winterwellness.nz** for more information

