

One in four New Zealanders catches flu each year.

Influenza, “the flu”, can be anywhere. It is easy to catch through coughs and sneezes. Influenza is much worse than a cold.

Some people are more likely to get very sick when they have the flu. They are young children, babies, pregnant women and older people. Also, people with some illnesses like asthma or diabetes.

Some people with flu need to stay in hospital for a while. A few people die from flu.

Many people don't know they have had the flu as they do not feel ill. But they can still pass it on and make other people very sick.

The best way to protect yourself is by having a flu shot every year. The flu shot helps your body protect itself from flu.

You protect yourself, your family and people around you if you have a flu shot.

Flu shots are FREE for people 65 years old and over.

Flu shots are FREE for women who are pregnant.

Flu shots are FREE for anybody under 65 with diabetes, most heart or lung conditions and some other illnesses.

A flu shot is FREE for children under 5 who have had a stay in hospital for asthma or other breathing problems.

Ask your doctor or nurse about a flu shot today. It may be FREE for you.

Encourage your whanau who can get a free flu shot to see their doctor or nurse.

Being fit and healthy won't stop you getting the flu.

You can't get flu from the vaccine.

You need to get a flu shot every year before winter for best protection.