

# SHOO THE FLU!



Get your flu jab to help  
protect your family.

# Getting a flu jab is one of the best ways to help keep the flu away.

## Why should I get a flu jab?

The flu isn't just a cold. It can make you very sick and in some cases it can mean a stay in hospital. The flu can spread quickly, so getting the flu jab helps protect your family and others in the community, like those at your church, work or school.

## Who can get the flu jab?

It is **free** for people aged 65 and over, pregnant women and children aged 4 years and under who have been

hospitalised with a breathing illness. It is also free for people of all ages with some health conditions like heart disease, cancer, diabetes, serious asthma and significant mental illness and addiction.

**You can get a flu jab at the doctor or chemist.**

**For more information visit [info.health.nz/flu](http://info.health.nz/flu) or call 0800 28 29 26**

