



# FLU 2024

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.

To book your flu vaccine:

- Visit **BookMyVaccine.nz**
- Call the Vaccination Healthline on **0800 28 29 26**
- Contact your doctor, pharmacy or healthcare provider.