



Getting a flu vaccine



Updated: March 2024

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How people might feel when they have the flu



The **flu** is a virus that can make some people very sick.

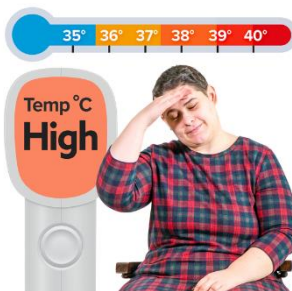
People with the flu may:



- have a dry cough
- have a headache
- have body aches
- have a runny nose.



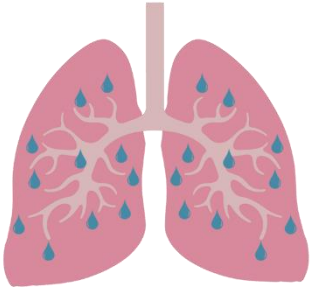
- have a sore throat
- feel tired
- feel really hot – this is also known as having a fever
- sneeze a lot.





Some people can become very sick with the flu.

The flu can give you **pneumonia**.



Pneumonia is an infection in your lungs.



Sometimes people who are very sick with the flu need to go to hospital.

About 5 hundred people die from the flu every year.

What to do if you are sick with the flu

If you get sick with the flu you should clean your hands often with:



- soap and water
- hand sanitiser.



You should also stay home so that you do not give the flu to other people.



If you feel very sick you can call:

- your doctor
- **Healthline** for free on:



0800 611 116



The Healthline phone line is open:

- every day
- all day and all night.

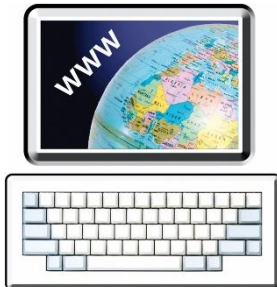


It does not cost any money to call the Healthline phone number.



You can also use the New Zealand Relay Service to call Healthline if you:

- are Deaf / hearing impaired
- are deafblind
- find it hard to speak.



You can find more information about the New Zealand Relay Service at their website:

www.nzrelay.co.nz



To help stop the spread of the flu you should:

- wash your hands often
- talk to your healthcare service about getting a **flu vaccine**.



A **vaccine** helps your body make **antibodies**.

Antibodies help your body fight off sickness.

Most vaccines are an injection given in your arm.

Vaccines can help stop you from:

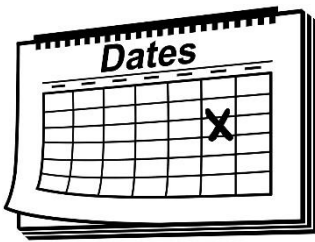
- getting very sick
- having to go to the hospital.



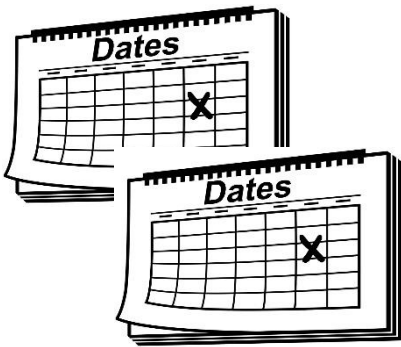
Getting a flu vaccine



Anyone over 6 months old can have a flu vaccine.



Most people aged over 9 years old need to have 1 flu vaccine each year to get good protection against flu.



If you have a child under 9 years old talk to your healthcare service.

They may need 1 or 2 flu vaccine depending on if they have had a flu vaccine before.



The best time to get your flu vaccine is before winter.



It takes around 2 weeks after your flu vaccine to be best protected.



The flu vaccine is **free** for people who are most likely to get very sick.

The flu vaccine is free for:

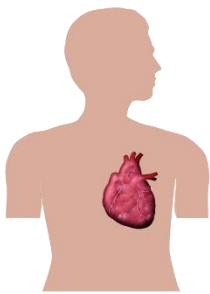


- tamariki / children 4 years and under who have:

- been in hospital for respiratory illness like bad asthma
- had respiratory illnesses for a long time



- pregnant people.



The flu vaccine is also free for:

- people with mental illness such as schizophrenia
- people aged 65 and over
- people with underlying health conditions including:
 - heart disease
 - cancer
 - diabetes
 - bad asthma
- people accessing:
 - mental health services
 - addiction services.



You can get your free flu vaccine from:

- your doctor
- your healthcare service
- some pharmacies.



Some **employers** may pay for your flu vaccine.

An **employer** is the person / organisation:

- you work for
- who pays you money for the work you do.



You can check with your employer if they will pay the cost of your flu vaccine.



If you are not able to have a free flu vaccine you can still get a flu vaccine from:

- your doctor
- your health care service
- some pharmacies.



It will cost you between 25 dollars to 45 dollars for a flu vaccine.

You can talk to your health care service to:

- find out how much they charge for a flu vaccine
- book in for your flu vaccine.



After having the flu vaccine



After getting the flu vaccine some people may have:

- an allergic reaction
- some side effects.

An **allergic reaction** is when someone has a bad reaction to something they have:

- taken like some medicines or vaccines
- eaten like nuts or fish.





Side-effects are ways the vaccine makes you feel unwell like:

- a headache
- feeling tired
- a sore arm from the injection.



Staying for 20 minutes after your vaccine means the healthcare workers can make sure you:

- are feeling ok
- do not have any reactions.



If you do have a reaction the person who gave you the vaccine is trained to look after you.



It is **very unlikely** anything serious will happen after getting the flu vaccine.



If you have a sore arm after having your flu vaccine you can put a cold cloth or ice pack on it to feel better.

For most people side effects from the vaccine:



- are not too bad
- do not last long.



If you are worried about how you feel after your vaccine:

- talk to your doctor
- phone Healthline on:



0800 358 5453.



If you think you are very sick call **111** for an ambulance.

When you should not get a flu vaccine



You should not get your flu vaccine when you are unwell.

If you have had COVID-19 in the last 1 to 2 weeks you can have a flu jab as soon as you are feeling better.



It is also important to talk to your healthcare service before getting the flu vaccine if you:

- have had Guillain-Barre syndrome
- are having cancer treatments
- have had an allergic reaction to a vaccine before.

Getting the COVID-19 vaccine



If you are due to have your COVID-19 vaccine you can have this **at the same time** as your flu vaccine.



The COVID-19 vaccine is given to you in your arm.



The flu vaccine is given to you in the other arm.

Make it Easy
Kia Māmā Mai



This information is written by
Health New Zealand - Te Whatu Ora.

It has been translated into Easy Read
by the Make it Easy Kia Māmā Mai
service of People First New Zealand
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