

# Fact sheet

## Flu and COVID Vaccinations

### Why is it important to get the flu vaccine this winter?

The borders are opening very soon, which means there's a greater chance of catching new strains of the flu. Our COVID response, including mask wearing and hand hygiene, mean we've had very little influenza in Aotearoa for the past two years, so community immunity is lower than usual. Having the flu can actually be as serious as COVID for some people so it's important to get protected.

### Who can get the flu vaccine?

Flu vaccines are free for those who are most likely to get very sick, but we offer free flu vaccines for anyone coming to one of our vax clinic – including the drive-through. You can also pay to get one at your local GP.

### Who is eligible for a free flu vaccine?

Yearly flu vaccinations are free for:

- Hāpu māma
- Māori and Pacific people aged 55 years and over
- People aged 65 years and over
- People who have a long-term medical condition like diabetes, asthma, or a heart condition.
- Tamariki 4 years old or younger who have been in hospital with respiratory illness such as asthma.

We also offer free flu vaccines for anyone coming to one of our vax clinics – including the drive-through. You can pay to get one at your local GP clinic.

### Can you get COVID-19 vaccination at the same time as the flu jab?

Yes! You can have any COVID-19 vaccination at the same time as your flu vaccine. There's no need to leave a gap between COVID and flu vaccines.

### How long after testing positive for COVID can you get vaccinated?

After you've tested positive with COVID-19, you should wait three months to get your next COVID-19 vaccination – your first, second or booster. This gap gives your body time to recover and to get the most benefit from a vaccination.

But you can get a flu vaccine at any time, it doesn't matter if you have had COVID.

If you had COVID in February, you can get your COVID vaccine **now** – regardless if it is your first, second or booster shot. If you had COVID in March, send us a message via text (below) or through Facebook, and we'll let you know when you're eligible.

### How long do you need to wait between your first and second dose of the Pfizer vaccine?

Three weeks if you are aged 12 and over.

Eight weeks if you are aged 5-11.

### How long do you need to wait between your second dose of Pfizer and the booster?

Three months if you are 18 and over.

Six months if you are 16 or 17.

The booster is not available for those under the age of 18.

