



Getting a flu vaccine



Updated: May 2022

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How people might feel when they have the flu



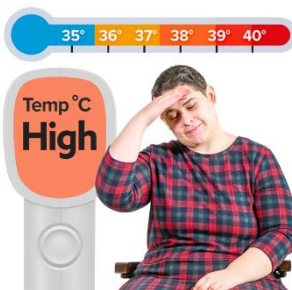
The **flu** is a virus that can make some people very sick.

People with the flu may:



- have a dry cough

- have a headache



- have body aches

- feel tired

- feel really hot – this is also known as having a fever



- have a sore throat



- sneeze a lot

- have a runny nose.



People might feel some of the same things if they have:

- a cold
- **COVID-19.**



COVID-19 is a virus that can make people very sick.

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 sanitizer.



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



To help stop the spread of the flu you should:

- wash your hands often
- talk to your health care provider about getting a **flu vaccine / flu shot**.



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

Antibodies help your body to fight off sickness.



Most vaccines are an injection that is given in your arm.

Vaccines can help stop you from:

- getting very sick
- having to go to hospital.



Getting a flu vaccine



Flu vaccines are **free** for:

- people who are pregnant
- people aged 65 years old or older
- Māori or Pacific people 55 years old or older
- people with health conditions like:
 - asthma
 - heart condition
 - diabetes.



Flu vaccines are also **free** for children who are 4 years old or younger who have been in hospital for:

- measles
- asthma
- other breathing problems.



You can get your flu vaccine from:

- your doctor
- some pharmacies.



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.



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



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 treat you.



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

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





If you have a sore arm 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.

Getting the COVID-19 vaccine

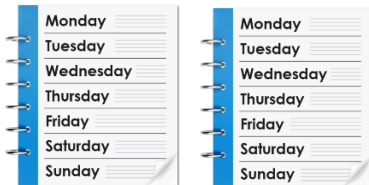


To protect yourself against COVID-19 and the flu you will need to have **both** the:

- COVID-19 vaccines

and

- flu vaccine.



You can have your COVID-19 vaccine or booster **at the same time** as your flu vaccine.



This information has been written by the Ministry of Health.



It has been translated into Easy Read with advice from the Make It Easy service of People First New Zealand Inc. Ngā Tāngata Tuatahi.



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The Ministry of Health provided images of measles.



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