

Kia ora

Protect yourself and your whānau from flu

**For Māori and Pacific whānau, getting
immunised against flu is free this winter
at your GP or pharmacy in Tai Tokerau!**

Flu can make you feel very sick and cause serious illness. It spreads easily. Getting immunised means you are less likely to pass flu to vulnerable members of your whānau.

Anyone 6 months or over can get immunised.

**Ask at your general practice or
pharmacy for more information**

