

INFLUENZA (FLU)



Keep the flu out of your whare

This is a basic guide for whānau. It is not medical advice.
For medical advice, call your doctor, your trusted health provider or visit
www.health.govt.nz/influenza/



Te Rūnanga o NGĀI TAHU

FLU

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What is the flu?

The flu is an illness caused by a virus.

There are lots of bugs that can make us feel unwell during winter, most are caused by viruses. Some, like colds, only cause mild symptoms and others like the flu or RSV (Respiratory Syncytial Virus) are more severe and can make us more unwell.

Influenza – or the flu feels much worse than just a regular cold. Some of its symptoms are also similar to COVID-19.

It can make us feel tired with muscle aches; cause fevers, chills, a bad cough, runny nose; and sometimes it can cause an upset stomach.

Because the initial symptoms can be similar to COVID-19, it is a good idea to get tested to try to rule this out.

The flu is caused by a virus that is easily spread between people through the air, sharing food and drink, and by touch. This winter, it is even more important that we try and protect our whānau and stay as healthy as possible. Washing hands and wearing masks can help protect everyone. Luckily, we can also try and help protect our whānau and ourselves by getting a flu vaccination.



Do you know that you need a flu vaccine every year?

**Flu viruses circulating last season will differ from this year's viruses.
This is because the virus undergoes changes each year.**



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Why does it matter? Isn't it just the regular flu?

Every winter, Māori are more likely to become more unwell and need to be hospitalised because of the flu.

Our kaimahi hauora are worried that the flu might hit us extra hard in Aotearoa this year. The border restrictions helped keep the flu out of Aotearoa for the last two winters. With these being lifted recently, we will likely have lots more flu around the motu this winter. This is also the first time that we will have both flu and COVID-19 in our community.

There is still no cure for the flu and antibiotics do not work against it. Luckily, the same things that protect us from COVID-19 will also protect us from the flu.

Stop the spread.

Like other viruses, we can stop the spread by using health measures:

- **Get the flu jab**
- **Sneeze in elbows and or into tissues**
- **Wash hands with soap for 20 seconds and then dry AND sanitise your hands often**
- **Wearing a face mask can decrease the chance of you spreading and or breathing in the virus.**
- **Stay home if you are unwell**

Did you know that you can get the flu vaccine and the COVID-19 vaccine at the same time?

Don't delay. Get the vaccination that you need.



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Vaccinations

Getting our flu jabs and COVID-19 vaccination can help reduce the risks of getting very unwell, and prevent us spreading to others, including our pēpi, taua and poua.

Protect our whānau, protect our whakapapa, get vaccinated if you can.

Flu jabs can be given to nearly everyone, including our tamariki older than 6 months.

The flu jab is also **FREE** for those who are at more risk from the flu, including:

- Hapū mama
- Whānau Māori aged 55 years and over
- Anyone aged 6 months and over who has a long-term medical condition like diabetes, asthma, or a heart condition
- Tamariki aged 4 years or younger who have been in hospital with respiratory illness such as asthma.

Contact your trusted health provider to find out more about the flu vaccine.



Mō tātou, ā, mō kā uri ā muri ake nei
– for us and our children after us



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