



MAUNGAHARURU  
TANGITŪ

# Influenza. Don't get it, Don't give it!

Flu Vaccination is the **most effective protection** against Influenza ([www.fightflu.co.nz](http://www.fightflu.co.nz)).

There are 4 key messages to protect yourself and your whānau

1. **Tīhei;** Sneeze / cough into your elbow
2. **Hōroi;** Wash your hands with soap regularly
3. **Rāhui;** Stay home if you're sick
4. **Rongoā Āraimate;** Vaccination is your best protection

We all want our whānau to be well and one of the ways we can do that is by reducing the spread of the flu. It is even more important this year because of COVID-19.

## PLEASE NOTE:

The Flu Vaccination does not protect against COVID19.

**This is about saving lives and keeping our whānau well.**

**Where can you find out more?**

- **AHURIRI;**  
Call Te Kupenga Hauora 06 8351840 or your doctor, practise nurse or pharmacist
- **ELSEWHERE IN AOTEAROA;**  
Talk to your doctor, practice nurse or pharmacist.  
Or call Healthline on 0800 611 116



MTT wāhine and whānau members, Johanna Wilson (MTT Kaiwhakawhanake ā-Hapū) and Aunty Abu Young (Kāhui Pakeke Facilitator) at the offices of Te Kupenga Hauora Ahuriri having a cuppa & endorsing the key messages of 'Influenza. Don't get it. Don't give it'. (c) MTT



**Influenza.  
Don't get it.  
Don't give it.**

