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you are most likely to get the flu during flu season may to october in aotearoa new zealand adults are most likely to be contagious in the first 3 to 5 days of illness

apr 1 2026 each year we track how much vaccine is distributed to vaccinators 2026 has started off strong with over 600 000 vaccines distributed by the end of march ahead of the same point in

influenza flu spreads through the air when an infected person coughs sneezes talks or laughs releasing tiny droplets containing the virus which can then be inhaled by people nearby

keeping track of the flu season in the northern hemisphere gives us time to prepare while vaccine effectiveness can vary year to year public health data still showed that vaccinated people had lower

imac and health new zealand have hosted a webinar on all you need to know about vaccination preparation for the winter respiratory virus season this webinar provides an update on influenza as

immunising 95 of tamariki by 2030 is a key government health target the annual flu vaccination event is an opportunity to check that whānau are up to date with all vaccines including measles

apr 2 2026 try to avoid being in large groups of people or crowded places during flu season prevent flu spreading by you or anyone else sick staying at home and away from visitors

having side effects after your flu vaccination is a sign that your body s immune system is working well and protective antibodies are being made after your immunisation you might experience soreness at

1 day ago the health system is preparing for a potentially difficult winter flu season as the h3n2 subclade k super k influenza virus heads for new zealand s shores the variant spread across the

while it s common to catch a cold or the flu during this time of year there are simple and effective steps you can take to protect your health and the health of those around you

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