



FLU SEASON 2026

FREE FLU
VACCINE
ELIGIBILITY

If you receive support from mental health and addiction services, or if you have been diagnosed with any of these four mental health conditions:

- ◆ Schizophrenia
- ◆ Major depressive disorder
- ◆ Bipolar disorder
- ◆ Schizoaffective disorder

YOU QUALIFY FOR A FREE FLU VACCINATION

Unsure about your eligibility?

Ask your health professional. Even if you are not eligible, getting a flu vaccination is a great way to support your wellbeing, your whānau and your community.

Where to get it?

Visit your nearest pharmacy or your GP

Find out more: info.health.nz/flu