

FLU VACCINATIONS

Seasonal flu vaccines will be available from mid March. These offer protection against swine flu and two other common influenza virus strains.

Counties Manukau DHB will be offering an 'early bird' vaccine from February 8th at no charge for people with certain medical conditions. This vaccine will give protection against swine flu now for those who do not want to wait for the seasonal flu vaccine. It involves a course of two vaccines three weeks apart.

The vaccine is strongly recommended for people with cardiac or respiratory

conditions, diabetes, renal disease, cancer, pregnant women, and obese individuals.

Certain other chronic medical conditions may qualify so patients should check with their doctor if unsure.

Individuals who receive the swine flu 'early bird' vaccine are advised to also receive the seasonal flu vaccine from their Doctor as it becomes available.

Clinics will be held at the Manukau Superclinic, 901 Great South Rd Manurewa. Please phone 262 9540 for times.

You can contact **Healthline on 0800 611 116** or call **0800 immune** (0800 466 863) or see your GP for further information.

