



Influenza Vaccination

Influenza (the flu) is more than just a “bad cold” that can lead to serious complications, hospitalisation, and even death, especially during winter when cases rise sharply.

The annual flu vaccination is your best protection — it strengthens your immune response to the strains predicted to circulate each season and significantly reduces the likelihood of severe illness.

On-site vaccinations are available on

See your manager for more info.

By getting vaccinated, you’re not just looking after yourself — you’re also helping **protect your whānau, workmates**, and anyone **more vulnerable** around you. Fewer sick days, more energy, and a healthier workplace.

On-site vaccinations and vaccination **vouchers** are **available** through **LifeCare**. Vaccination vouchers are redeemable at over **400 pharmacies and medical centres nationwide**.