

Status	Draft / For review / Final
Channel	Flu vaccination portal content
Focus	COVID-19 – Flu Vaccinations
Timing	26 March 2020
Review	Nicky Chilton, Paul Berrington, Mandy Simpson, April Christie, Catherine Leckie
Final approval	Brendan Nally (tbc)

For Portal landing page/news item

2020 Free Flu Vaccinations

Free flu vaccinations are now available to **ALL** operational personnel and other 'essential' personnel.

However now that we are in Alert Level 4, pharmacies and medical centres may be changing the way they do vaccinations. **You must contact your local vaccination site before going to get your vaccination.**

Every year, around one in four New Zealanders, are infected with the flu, so you must be prepared for the flu season and plan your vaccination early. While it's optional, getting the flu vaccination means you can better protect yourself, colleagues and loved ones from getting sick.

This year, the Government has announced the 'Unite Against Covid-19' campaign and launched early vaccinations to prevent the flu season from stretching a health system already preparing to cope with COVID-19.

As outlined in New Zealand's H5N1 pre-pandemic vaccine policy, which identifies Fire and Emergency personnel as health care providers, we have been given priority for influenza vaccinations for firefighters and other essential personnel before 13 April 2020.

While the flu vaccine won't protect you against COVID-19, with fewer cases of the flu to manage, more resources will be available to fight COVID-19.

The 2020 flu vaccine will protect you from the following strains:

- A/Brisbane/02/2018 (H1N1)pdm09-like virus
- A/South Australia/34/2019 (H3N2)-like virus
- B/Washington/02/2019-like virus
- B/Phuket/3073/2013-like virus

Receiving the flu vaccination as early as possible ensures your immune system is stronger, which is important should you come into contact COVID-19.

The Government has obtained 400,000 more flu vaccines than last year, a total of 1.8 million, yet we expect demand for the flu vaccination to be high this year and encourage all personnel to book their free flu vaccination as soon as possible.

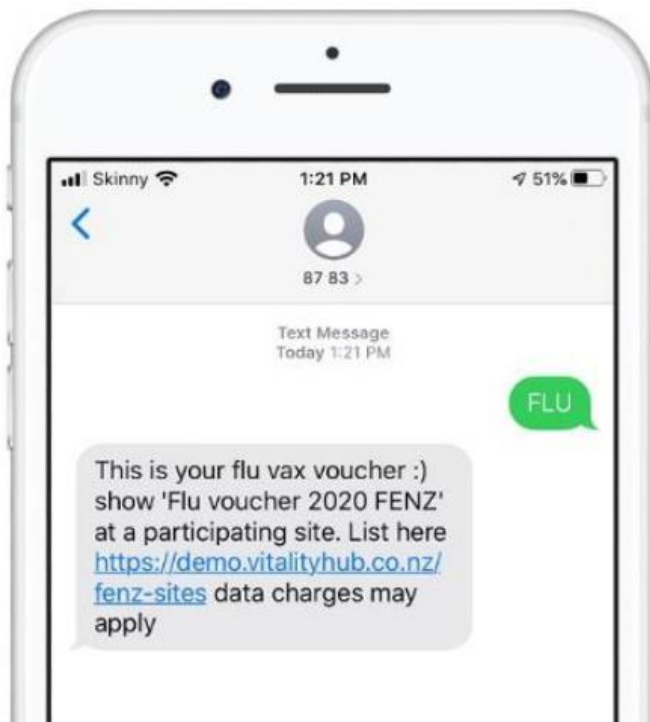
It's also important you understand how the process for getting your vaccination can vary slightly for volunteers, employees and contractors.

I'm a volunteer...

How do I get my free flu vaccination?

Volunteers can use these three options to get their vaccination.

1. Text **FLU to 8783** and you'll receive a message to show as your voucher at one of the listed pharmacies when you go to get your vaccination. The message will look like this:



OR

2. Go to <https://demo.vitalityhub.co.nz/fenz>(external link) and a voucher will be emailed to you. You can either print this or show it to one of the listed pharmacies on your phone when you go to get your vaccination.

OR

3. Get your vaccination done anywhere and go to <https://demo.vitalityhub.co.nz/fenz>(external link) to fill out a reimbursement form and get your money back.

Where do I get my free flu vaccination?

Visit <https://demo.vitalityhub.co.nz/fenz-sites>(external link) to see a list of participating vaccination sites where you can use your code or voucher. If there's no vaccination site listed near you, text **NEW to 8783** or email flu@fireandemergency.nz with the name and/or location of the pharmacy or medical centre you want added.

You can be reimbursed for flu vaccinations done anywhere, just keep your receipt.

Note: only Unichem and Life Pharmacies can be added and not all Unichem or Life Pharmacies offer vaccinations.

What else do I need to know?

Given the current COVID-19 situation, you must contact your local vaccination site before attempting to get your flu vaccination. Pharmacies and medical centres may be changing the way they normally give vaccinations, so you must call them in advance.

If you are getting your vaccination at a pharmacy, you will need to complete a [consent form\(external link\)](#). You can either complete it at the pharmacy or print and complete it in advance.

When getting your vaccination, you will be asked to provide your name, region and brigade. This will be used to confirm you are eligible for a free vaccination and to record how many vaccinations are given and who receives them.

I'm a career firefighter or other essential personnel

Your regional safety, health and wellbeing advisor will make the arrangements for you to access your flu vaccination. The process to get the flu vaccination varies from area to area for career firefighters and other essential personnel.

I'm a non-operational employee or contractor

All other non-operational FENZ personnel will be able to access the flu vaccination when it is made available to the general public.

Keep an eye out for more detail from your Safety, Health & Wellbeing Advisor, about when your vaccinations will take place and what to do, likely in Mid-April. If you have specific questions about flu vaccinations, you can find their details [here](#).

More information

Check out the [fightflu\(external link\)](#) website for more information about influenza and the vaccination.

And remember - don't get it, don't spread it. To prevent spreading the flu or any other illness, especially during flu season, make sure you wash your hands and stay home if you're feeling unwell.