



# GOVERNMENT OF NIUE

**MEDIA RELEASE**

**FOR IMMEDIATE RELEASE**

## **PROTECT YOURSELF AND YOUR FAMILY FROM THE FLU THIS WINTER**

*The Niue Health department is encouraging everyone to get a free flu jab this winter*

**Alofi, Niue – 23 June 2022** – The Government of Niue (GON) is providing free influenza vaccinations for everyone eligible. The free flu shots will help keep everyone safe and out of hospital this winter.

We have kept COVID-19 at the border with MIQ and additional pandemic measures like mask-wearing and hand hygiene and so there has been very little influenza (flu) circulating around Niue for the past two years.

While COVID-19 has not been in the community we have noticed the flu has been spreading around the island and there's a much bigger chance of catching the flu.

With the border opening on 27 June, we'll see new strains of flu spreading in our communities.

Getting a flu jab is your best defence from the flu this winter and is the best way to stop the flu from spreading. The flu vaccine is free and available at Niue Fook Hospital for anyone aged 3 years and older.

Influenza is a potentially serious virus that spreads quickly from person to person. It is much more serious than a cold, and the symptoms are much more severe.

Symptoms of influenza can include the following:

- fever or chills
- dry cough
- sore throat
- runny nose
- headache
- body aches and pains
- lack of energy, fatigue, and generally feeling really sick for about 10 days.

Influenza can be severe enough to require hospital treatment, particularly in the very young, elderly, and in people who already have health problems. It can be serious and life-threatening.

Flu symptoms are very similar to COVID-19. If you have any of these symptoms and have been in contact with people who recently arrived from overseas, please let health staff know, as you may also need a COVID test.

We encourage you to practice preventative steps of mask-wearing, washing your hands, coughing into your inner elbow and social distancing that will help stop the spread and keep you and your family safe.

If you are sick with the flu, please stay home until you fully recover.

**ENDS**