



Pelorus Area Health Trust

Influenza Vaccines

Now that our borders are open and people are travelling more around the country, it is predicted that this winter will be a bad one for the flu. A covid vaccination does not protect you from other flu variants. You need to get a separate jab for the flu.

Havelock Medical Centre

is offering flu vaccinations for everyone. You don't need to be enrolled to get a jab, but you do need to make an appointment. Remember the flu jab is free for Māori and Pasifica over 55's and other over 65's, or if you have a specific medical condition. Check out eligibility here <https://www.influenza.org.nz/eligibility/eligibility-criteria>

Great News!

Christine at the Havelock Medical Centre has qualified to give cervical smears. These will be on offer at Havelock from now on.

Other good news is that Springlands Health have been successful in recruiting more GPs and will soon be back up to full strength; meaning that there will soon be increased availability of doctor's appointments at the Havelock Medical Centre

Keep warm and dry this winter! **The Havelock Charity Shop** has winter clothes, duvets and blankets available. And let PAHT know if there is anyone in need in your community who could do with some support for health and well-being!



www.PelorusAreaHealthTrust.co.nz

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