

STAY WELL THIS WINTER

HELP US
HELP YOU

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Are you entitled
to a FREE flu jab?

Make sure you get your flu jab

The flu virus strikes in winter and it can be far more serious than you think. For some people flu can lead to serious complications such as bronchitis and pneumonia, and can lead to hospitalisation.

That's why the flu jab is free if you're aged 65 or over, have a long-term health condition or are pregnant.

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The flu jab is free for people with some long-term health conditions such as:

- Severe asthma, emphysema and other respiratory diseases
 - Chronic heart disease or heart failure
 - Kidney disease
 - Liver disease
 - Diabetes
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- Neurological diseases
 - A weakened immune system
 - Asplenia

Don't put it off. Ask your GP, pharmacist or midwife about the flu jab now.

[nhs.uk/flu-vaccine](https://www.nhs.uk/flu-vaccine)