

**HELP US
HELP YOU**

STAY WELL THIS WINTER

NHS

Protect yourself and your loved ones against flu

If you have a long term condition or are pregnant, the vaccine is **FREE** for you because you need it.

Flu is a highly infectious illness which spreads rapidly, even people with mild or no symptoms can infect others.

Make sure you're protected by getting the vaccine from your local pharmacist or GP practice.

For more info, search NHS flu vaccine

