

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



**HELP US
HELP YOU**

STAY WELL THIS WINTER

Think your pharmacist can only help with coughs and colds?

Your local pharmacists are experts in medicines who can help with lots of minor illnesses, from skin rashes to earache and flu.

Many pharmacies are open late and offer private consultations, no appointment necessary.

Search 'NHS pharmacy advice' for more info



**HELP US
HELP YOU**

BEFORE IT GETS WORSE