Everything you need to know about the flu jab!

**Pregnant?**
The flu jab will not harm your baby – in fact it protects both of you.
*Get the jab.*

**Health condition?**
Getting the flu can be more serious if you have asthma, diabetes, or a heart, chest, liver or kidney problem.
*Get the jab.*

**Over 65?**
You need a flu jab every year as the virus changes.
*Get the jab.*

**H1N1**
The flu jab will protect you from the H1N1 virus.
*Get the jab.*

**It’s safe!**
The flu jab can’t give you flu, and the jab is perfectly safe.
*Get the jab.*

**Weakened immune system?**
Flu can be fatal if you are already suffering from a weak immune system.
*Get the jab.*

**Are you a carer?**
Get a free jab if you receive a carer’s allowance, or are the main carer of a person whose welfare may be at risk if you fall ill.
*Get the jab.*

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**FLU FACT**
Flu can be a really serious illness

To book your free jab, contact your GP today.

www.nhs.uk/flu