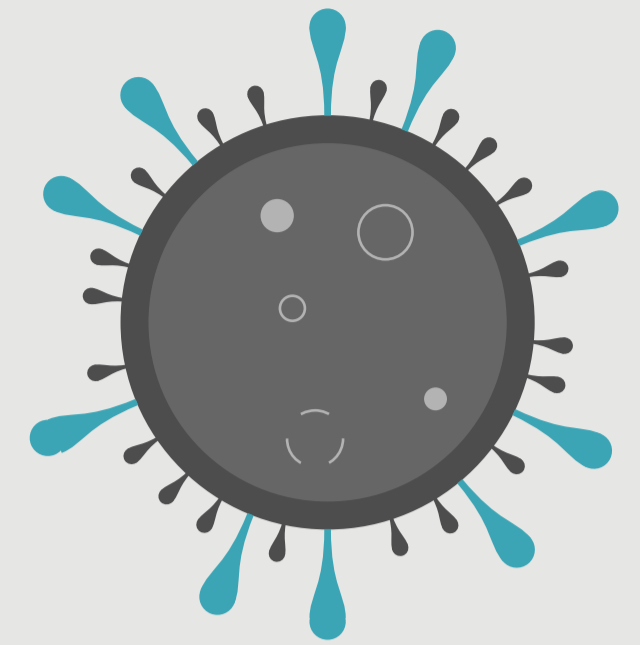


Flu vaccination

Flu is caused by the influenza virus, which spreads very easily and can lead to serious illness such as pneumonia. Whilst older people are most likely to get very sick from flu, children are also at risk, and vaccination is the best protection.



From the autumn, the NHS is offering a free flu vaccine to:

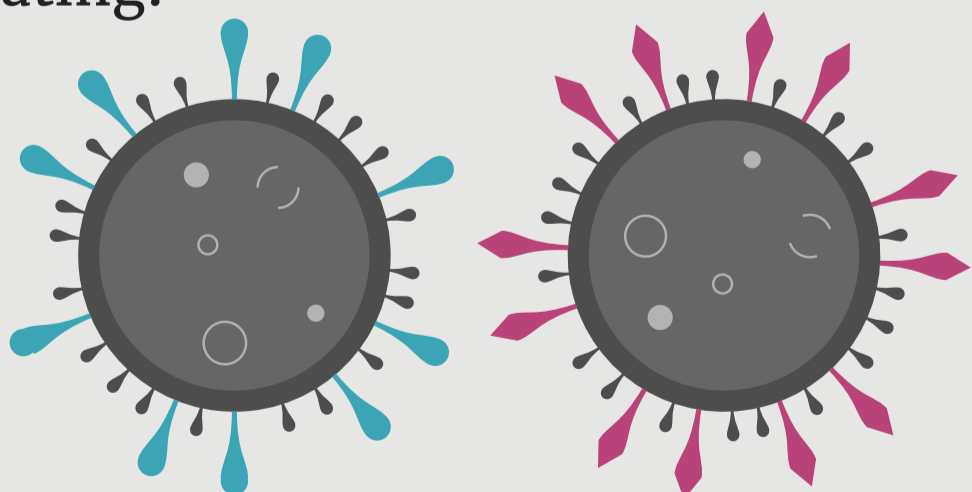
- Everyone aged 65 years and over
- Children aged 2 and 3 years old
- School aged children in reception to year 11
- Frontline health and social care workers
- Pregnant people
- Those who are in close contact with people who are immunocompromised
- Those aged 6 months to under 65 in clinical risk groups (including those with chronic heart, kidney, liver or respiratory diseases)
- Those in long-stay residential care homes
- Those who are the main carer of an elderly or disabled person



Contact your GP, pharmacy, or book online. If you aren't eligible for a free flu vaccine, you can pay for one in a pharmacy.

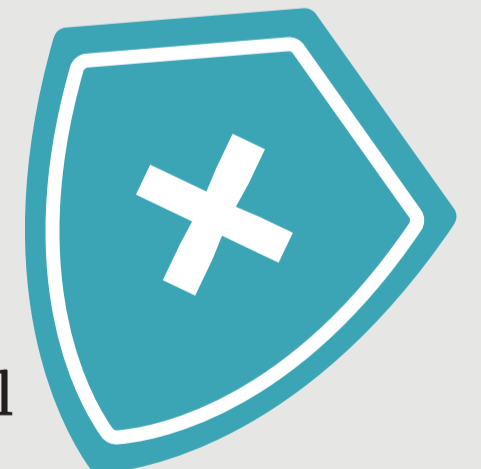
I had a flu vaccine last year; do I need one this year?

Yes. For best protection, you're offered a flu vaccine every year in autumn/winter when the flu virus is spreading. The flu virus changes very often and so the vaccine is updated every year to match the virus which is known to be circulating.



Why are more school children eligible for a flu vaccine this year?

Flu can cause unpleasant symptoms and serious illness for children and teenagers and vaccination offers the best protection against the virus. It's important to keep children healthy to attend school as much as possible. Vaccinating pupils also helps reduce the spread of the virus to more vulnerable groups, including the elderly. Vaccination protects school children as well as their family and friends.



**Vaccination is the best protection against serious illness with flu.
Check if you're eligible for a free flu vaccine to protect yourself and others!**