

# "Just" the flu?

Each year the flu kills on average 11,000 people and hospitalises thousands more. There's no "just" about it. The flu vaccine is free for those most at risk. Ask your GP or pharmacist.



Put getting your Flu jab at the top of your To Do list. Throughout the Coronavirus pandemic, we have all worked hard to protect our friends and families and our NHS. But winter is coming and we need to make sure that Flu doesn't undo all our efforts. The Flu vaccine provides the best protection available against a virus that can cause severe illness.

# Helping to protect against flu is particularly important with COVID-19 in circulation because people vulnerable to COVID-19 are also at risk of complications from flu.

The flu virus is highly infectious and spreads from person to person. Even amongst those not showing symptoms. The flu vaccine is safe and the best protection for you and those around you.

And if you get Flu and pass it on it could be extremely serious for other people.

Flu is not just a heavy cold. It is a virus. It can't be cured by antibiotics.

You should get vaccinated as soon as possible.

Now is the time to act.

And don't worry.

GPs and pharmacists are putting measures in place to protect you from Coronavirus when you go for your vaccine

Your surgery visit may be a bit different this year.

You will be sent an invitation to attend for your vaccine. This may be by text. Please try to accept when you are invited.

Social distancing will be observed at your appointment and you must wear a mask unless you are exempt.

Appointments will be spaced out and there may be a separate entrance and exit.

You may be asked to go to your appointment away from your usual surgery.

Some people may choose to go to their local pharmacy for their jab but you'll have to make an appointment just like at your GP surgery.

You should have the flu vaccine if you:

- are 65 years old or over
- are pregnant
- are an adult or child with certain conditions
- live with someone on the shielded patient list
- are living in a care home or other long-stay facility
- receive a carer's allowance, or you're the main carer for an elderly or disabled person
- are aged two - three
- are in primary school, or the first year of secondary school (Year 7)
- are a frontline health and social care worker

The NHS will contact you directly if you are eligible, and will give you information about where to go to get the vaccine. It is more important than ever this year to have your vaccination to protect yourself, your loved ones and the NHS, and for those on the eligible list the vaccine is provided free.

**More information can be found at**  
<https://www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/>