

'JUST' THE FLU?

Flu can easily spread to those around you who are more vulnerable. If you are in receipt of carer's allowance or the main carer for an older person or someone with a disability, the free flu vaccination is the best protection.

Ask your pharmacist or GP if you're eligible.



help us
help you

GP practices and pharmacies are receiving batches of the vaccine during the flu season, and flu vaccination clinics are scheduled to coincide with these deliveries. This does mean some may have to wait longer than they would wish to attend flu clinics ([leaflet on why people may have to wait longer](#)). The local NHS is reassuring those eligible there is plenty of time for everyone to book and get their flu jab.

For a full list of priority groups and other information about this year's flu vaccine, visit www.nhs.uk and search for flu vaccine.