

**Now, more  
than ever**

**Get your  
free  
flu jab**



Flu can lead to serious complications and hospital visits, especially for those with an underlying condition and at greater risk from Covid-19.

Ask your GP or pharmacist for your free flu jab today!

**Protect yourself and  
those around you.**



Registered charity number 1092198

# Flu vaccination is the best defence against flu and is free if you are:

- 65 years or over
- Living in a residential or nursing home
- A carer of an older or disabled person
- A frontline or healthcare worker
- Members of a shielding household
- Living with a long-term health condition

**If in doubt  
Ask your GP**

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