

# *Are you flu safe?* **Get the jab!**

**Flu can be a serious illness  
...are you at risk?**

Getting a flu jab can protect you all winter. It's free if you are over 65, pregnant, or have a long-term health condition such as severe asthma, diabetes, a chest, heart, liver or kidney complaint or lowered immunity.



**You need to get the flu jab every year. The flu jab is quick, safe and free. To book your jab, visit your local participating **pharmacy**.**