

Are you flu safe? **Cumbria Clinical Commissioning Group** Get the jab at your pharmacy!

Flu can be a serious illness. You need to get the flu jab every year. It's quick, safe and free.



If you are at risk, you can now choose to get the flu jab at your local participating pharmacy

Flu is more than just a cold - it can be really serious.

Get protected with a free flu jab if you are:

- Over 65
- Pregnant
- Have a condition such as severe asthma, diabetes, chronic liver or kidney disease, a heart or chest condition or lowered immunity.
- Are a carer for someone.

The flu jab is quick, safe and free.

To book your jab, visit your local participating pharmacy today