

# *Are you flu safe?*

## **Get the jab at your pharmacy!**

### **Flu can be a serious illness.**

If you're pregnant or have a weakened immune system, flu can knock you off your feet for weeks, and you are more at risk of complications such as pneumonia.

If you are over 65, pregnant or have a long term condition such as severe asthma or diabetes, you need to have the flu vaccine this winter.

**The flu jab is quick, safe and free. To get your jab visit your local participating pharmacy today.**

