

**Are you entitled to a free flu jab?**

Flu is not the same as getting a cold. It can seriously affect your health and the risks of developing complications are greater for people within the ‘at-risk’ groups. Healthy individuals usually recover within two to seven days, but for some the disease can lead to a stay in hospital, permanent disability or even death.

**NHS flu vaccination**

People 'at-risk' of flu are encouraged to have a free NHS flu vaccination. These include:   
• People aged 65 years and over   
• Patients aged from six months to 65 years in clinical ‘at risk’ groups   
• Pregnant women   
• **All children aged two to ten (but not 11 years or older) on 31 August 2019**• People in long-stay residential care homes   
• **Carers**

Flu can be serious for young children, but a simple nasal spray vaccine can help protect them. It is free, fast and painless. Children are also super-spreaders of flu; by vaccinating them it reduces the risk of spreading flu to frail and 'at-risk' groups.

**Long term conditions:**

The free flu vaccine is available to patients who have one of the following conditions:

* a heart problem,
* bronchitis,
* emphysema or severe asthma,
* kidney disease,
* liver disease,
* had a stroke or a transient ischaemic attack (TIA),
* diabetes,
* neurological condition e.g. multiple sclerosis (MS),
* morbid obesity (BMI over 40),
* cerebral palsy
* learning disability.

For more information on the flu vaccination visit: <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

**If you are entitled to a free NHS flu vaccination and haven’t already had one, please book an appointment for the vaccine.**

This information comes from [www.nhs.uk](http://www.nhs.uk) For more information on the flu vaccine please visit the NHS website