



# 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.**

# Are you flu safe?

## *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



# Feeling unwell this winter?

Most common

## Self care

A lot of common illnesses can be treated at home with plenty of fluids, rest and a well stocked medicine cabinet. If you are otherwise fit and healthy, you do not need to see a GP for coughs, colds or flu - unless your symptoms worsen or you have breathing difficulties.

From stomach upsets to eye infections, your pharmacist can give you expert, confidential advice and over the counter treatments without an appointment.

*Before you visit your GP - Think Pharmacy!*

**Think  
Pharmacy!**

Winter illnesses

**Think twice  
before visiting  
A&E.**

**Help keep A&E and 999 services free to deal with life threatening conditions such as heart attacks, meningitis and serious injury.**

If you have an illness that won't go away, contact your GP surgery for advice. Telephone advice and emergency appointments are available. If you need to see a GP urgently when your surgery is closed, call your surgery to be transferred to the GP out-of-hours service (CHoC).



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**You need to get the flu jab every year. It's quick, safe and free. To book your jab, speak to your participating pharmacy today.**





# *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.**





Are you at risk of flu?  
**Get your free  
jab here!**

**DON'T GET FLU. DON'T SPREAD FLU.  
GET VACCINATED.**  
Protect Yourself And Others



**FREE NHS Flu Vaccinations**  
**available for eligible patients\***

Private Flu Vaccinations also available.

**Speak to our Pharmacy Team today.**

Appointments not always necessary.

\* Eligible patients are those over 65 and those under 65 with any of the following conditions, chronic respiratory disease (including asthma), chronic heart disease, chronic kidney disease, chronic neurological disease, diabetes, immunosuppression.  
Ask in store for details





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