

‘JUST’ THE FLU?

The flu virus kills thousands every year.
The flu vaccine is the best protection
for you and those around you.

The flu vaccination is more important than ever this year. People at high risk from COVID-19 are also those most at risk from flu. Fortunately, we have a safe and effective vaccine for flu.

This winter, many more people are eligible to have the free flu vaccine (see the back page of this leaflet for a list of who is eligible).

Eligible adults can get the free flu vaccine at their GP practice or pharmacist.

The NHS will contact you directly if you are eligible and invite you to book an appointment. You can get the vaccination from your pharmacist by booking online at londonflu.co.uk or by walking in.

If you are not registered with a GP practice, you can find your local service here: nhs.uk/service-search/find-a-GP. Your GP practice will be able to book an interpreter if you or a family member needs this.

JUST GET YOUR FREE FLU JAB

Ask your pharmacist or GP if you're eligible.



help us
help you

This year the flu vaccination is being offered through the NHS to:

- Children aged 2 to 11 years old:
 - 2 and 3 year olds: Ask your GP about your child's free flu nasal spray
 - 4-11 year olds: Look out for your child's consent form from their school and sign and return it to ensure they get their free flu nasal spray
- Pregnant women
- Members of a shielding household
- People with a long-term health condition
- People with a learning disability
- Adults aged 65 and older
- People receiving a carer's allowance, or the main carer for an elderly or disabled person whose welfare may be at risk if their carer falls ill
- Frontline health and social care workers



For local information on getting your free flu vaccination in south east London, scan the QR code or go to **selondonccg.nhs.uk/flu**



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