



Get



“Over 65? Flu can kill and vaccination is the best protection.”

If you are over 65, you should have a jab every year.
It's quick, safe and free.

Contact your GP or pharmacy today.

www.warwickshire.gov.uk/flu
www.coventry.gov.uk/flujab





Get



**“ Diabetes? Heart or chest complaint?
Liver, kidney or neurological disease? ”**

Catching flu is the last thing you need. It can lead to complications like pneumonia.

The flu jab is quick, safe and free, and is the best way to protect yourself from flu.

Contact your GP or pharmacy today.

www.warwickshire.gov.uk/flu
www.coventry.gov.uk/flujab





“Is your child at risk from flu?”

If your child has a health condition, catching flu is the last thing they need. Vaccinations are free for children aged 6 months upwards with certain health conditions including diabetes and severe asthma.

Book in with your GP today.

www.warwickshire.gov.uk/flu
www.coventry.gov.uk/flujob



Everything you need to know about flu vaccines!



Pregnant?

The flu jab will not harm your baby - in fact it protects both of you.

Health condition?

Getting the flu can be more serious if you have asthma, diabetes, or a heart, chest, liver, kidney or neurological condition. People with learning disabilities and who have a body mass index over 40 are also at risk.

Children

A nasal vaccination is available for all children aged 2 and 3 years old. A flu jab is also offered to children from the age of 6 months with a chronic health condition such as asthma, diabetes, cystic fibrosis

65 and over?

You need a flu jab every year as the virus changes.

Schools

All primary school aged children from Reception to Year 6 will be offered a nasal vaccination through their school

Are you a carer?

Get a free vaccine if you receive a carer's allowance, or are the main carer of a person whose welfare may be at risk if you fall ill.

Weakened immune system?

Flu can be fatal if you are already suffering from a weak immune system.

Contact your GP or Pharmacy today.



Get



**“You’d do everything you can
to help protect your baby.”**

People often don’t realise that flu can be a serious illness.
If you’re pregnant, you and your baby are more at risk of flu
complications

A flu jab is quick, safe and free. Contact
your GP, pharmacy or midwife today.

www.warwickshire.gov.uk/flu
www.coventry.gov.uk/flujob



Do you need the flu vaccine?



Asthma/Lung Disease?

Flu can make your symptoms worse.

Heart Disease?

Heart patients are four times more likely to have a heart attack after an infection like flu.

Liver disease?

Your immune system may be weakened, making you more likely to catch flu.

High BMI?

If you have a Body Mass Index (BMI) of 40 or above, you should make sure to have your flu jab.



Diabetes?

Flu can cause blood glucose levels to rise, and lead to uncontrolled diabetes.

Neurological disease?

Patients with learning disabilities, Parkinson's, Motor Neurone Disease are among those at highest risk of serious complications from flu

Weakened immune system?

Lowered immunity, for example from steroid medication, cancer treatment, problems with the spleen/no spleen, makes you less able to fight infection and recover from flu.

Kidney disease?

Even if you feel well, kidney disease may have weakened your immune system making it harder to fight off and recover from flu

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