



Ask your local pharmacy about a

»» FREE FLU JAB««



If you are the main carer* of an elderly or disabled person whose welfare would be at risk if you fall ill you are entitled to a free flu vaccination.

A flu vaccination:

- Will help you to avoid getting flu
- Help reduce the risk of you being too ill to look after the person that you care for
- Reduce the chance of you passing flu on to the person you care for

Ask your local pharmacy (Chemist) about a

FREE NHS flu jab

Its free because you need it

