

# ‘JUST’ THE FLU?

“Just” the flu? Each year the flu kills on average 11,000 people and hospitalises thousands more. There’s no just about it. The flu virus spreads from person to person. Even amongst those not showing symptoms. The flu vaccine is the best protection for you and those around you. It’s available for free to those most at risk. Ask your GP or pharmacist.

This year, with COVID-19 in circulation, it’s more important than ever that eligible groups are vaccinated to protect them from flu.

Flu can affect people differently; even if you are healthy and think you can cope with it, you may pass it onto someone close to you who may be at a **greater risk** of complications due to medical conditions such as **heart disease or diabetes** etc. The best way to reduce your risk of getting sick with seasonal flu and passing it to other people is to have the flu vaccination, which is **free** to many.

If you are unsure of your eligibility for the **free NHS flu vaccine**, contact your **GP or pharmacy**.

The more people who have the vaccination this winter, the less the flu virus can spread, helping to **protect yourself and those vulnerable children and adults** within our community.

NHS England and NHS Improvement

