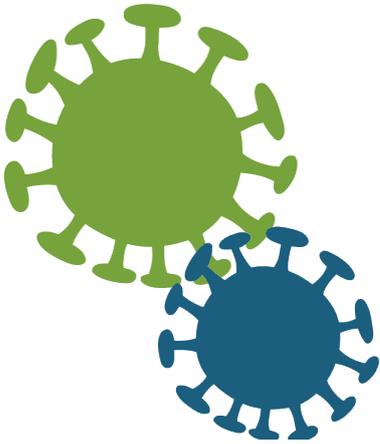CURWCH
FFLIW
BEAT FLU

Beat flu
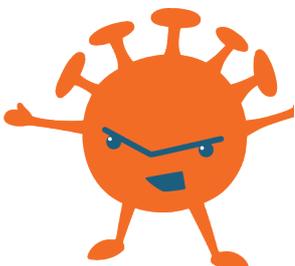
Should you have a free NHS flu vaccine?

Flu is an infection caused by germs. It can cause things like:

- a fever

- aching body

- a headache

- a cough

- sore throat

A **flu vaccine** is a medicine that helps stop you getting ill from flu. It can help stop you spreading the infection to other people.
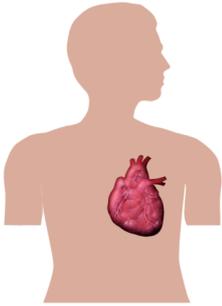
For some people flu can be very serious. It is important for them to get a flu vaccine each year. Getting a flu vaccine is the best way to protect yourself against flu.
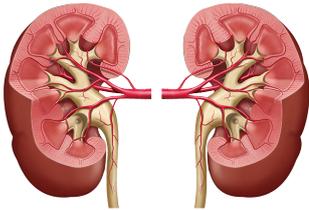
Who should get a flu vaccine?

The flu vaccine is free for everyone aged 6 months and over who are at risk of being very ill if they catch flu. This includes people who have:

✓ a heart problem

✓ diabetes

✓ a chest condition or breathing difficulties including asthma that needs regular inhalers.

✓ kidney disease

✓ a weak immune system

✓ liver disease

✓ had a stroke or a mini stroke

✓ a learning disability

✓ conditions like MS, cerebral palsy or post-polio syndrome

✓ had their spleen taken out, or have a spleen that doesn't work very well

✓ and adults who are very overweight.

You should also have a flu vaccine if:

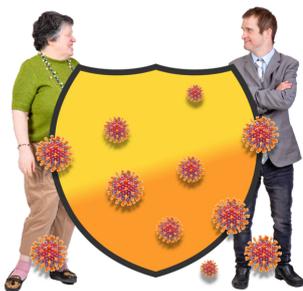✓ You are pregnant

✓ You are 65 years old or over

✓ You live in a care home

✓ You are a carer

✓ You are a community first responder. This is a person who comes first to help before the ambulance
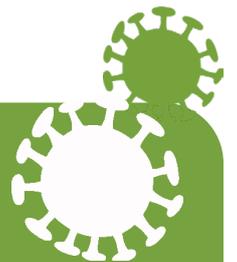
✓ You are an emergency first aider at public events

✓ You live with someone who is on the **NHS shielded patient list** - for people who had to stay at home and stay away from others during coronavirus. Because they were at risk of getting seriously ill if they caught coronavirus.

Most health and social care workers should also have a flu vaccine. Talk to your employer about this.
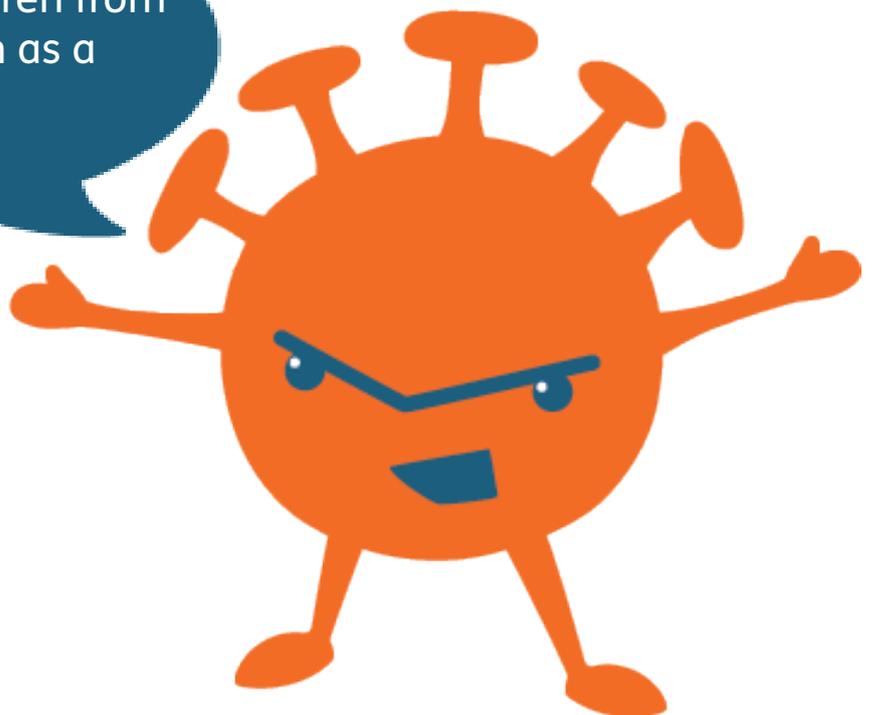
Flu vaccine for children

Children aged 2 or 3 years old on **31 August 2020** can get a free flu vaccine from the doctor or nurse at their GP surgery.

All primary school aged children can get a flu vaccine in school.

Flu vaccine for children from the age of 2 is given as a spray up the nose.
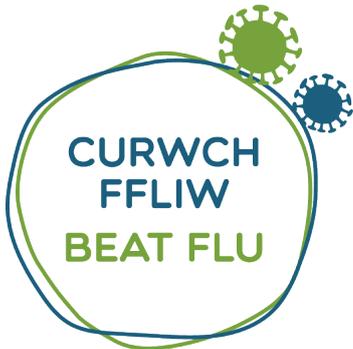
More information

Flu vaccine is the best way to protect against flu. If you are not sure if you can have a free flu vaccine, speak to:

- your GP surgery

- your community pharmacy.

This year, the way you get your flu vaccine may be different because of coronavirus. For up to date information go to BeatFlu.org or CurwchFfliw.org.