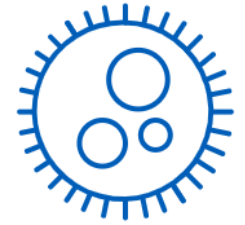
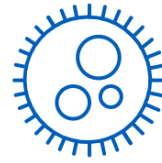
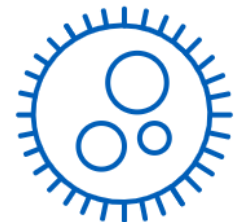
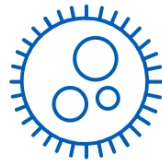
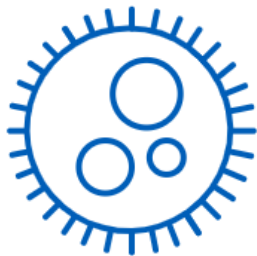
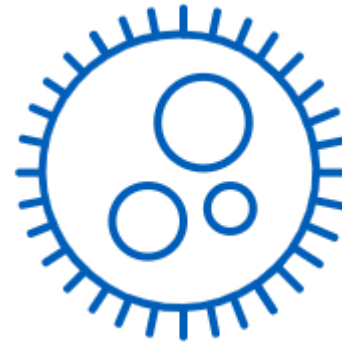


‘Just’ the flu...?

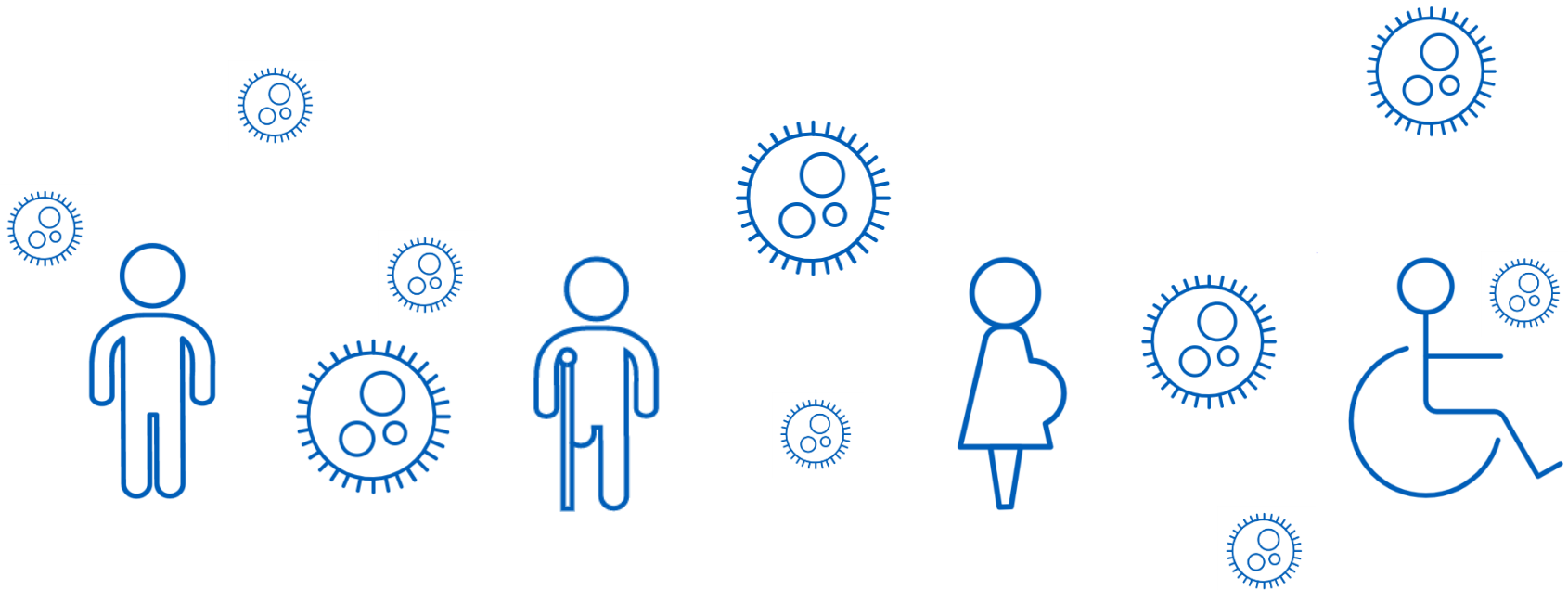


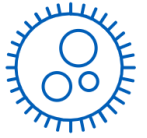
The flu kills 11,000 people on average every year and many more people need hospital care.

There's no just about it.

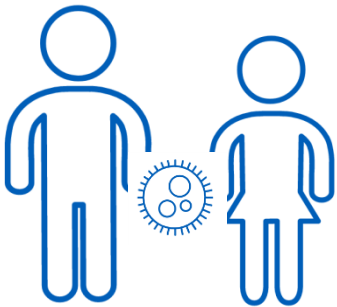


The flu virus spreads from person to person and some people won't show symptoms.

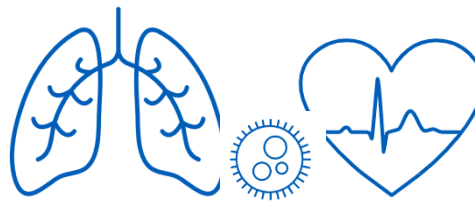




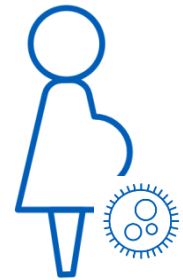
Some people are more likely to develop potentially **serious complications of flu**, such as pneumonia (a lung infection):



Anyone aged 65 and over

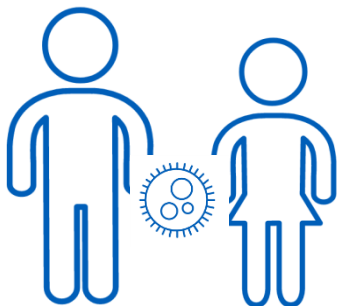


Children and adults with an underlying or long term health condition



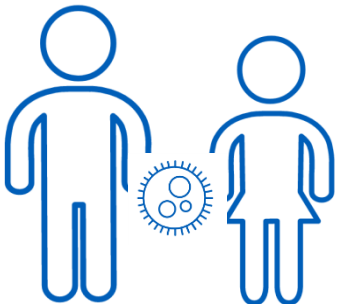
Pregnant women

It's recommended that people more at risk have a flu vaccine every year to help protect them.



This year the NHS is offering the free flu jab to:

- adults aged 65 and over
- adults and children with certain medical conditions
- pregnant women
- people living with someone who's at high risk from coronavirus, on the NHS shielded patient list
- children
 - aged 2 and 3
 - children in primary school
 - children in year 7 (secondary school)



Getting your free flu jab

- Your GP practice will **contact you by letter or text** to book in.
- Invites are **from the end of September** throughout the flu season. You can **Contact your GP** to find out when you will receive it.
- You can **book an appointment at your local pharmacy** if you're over 18.



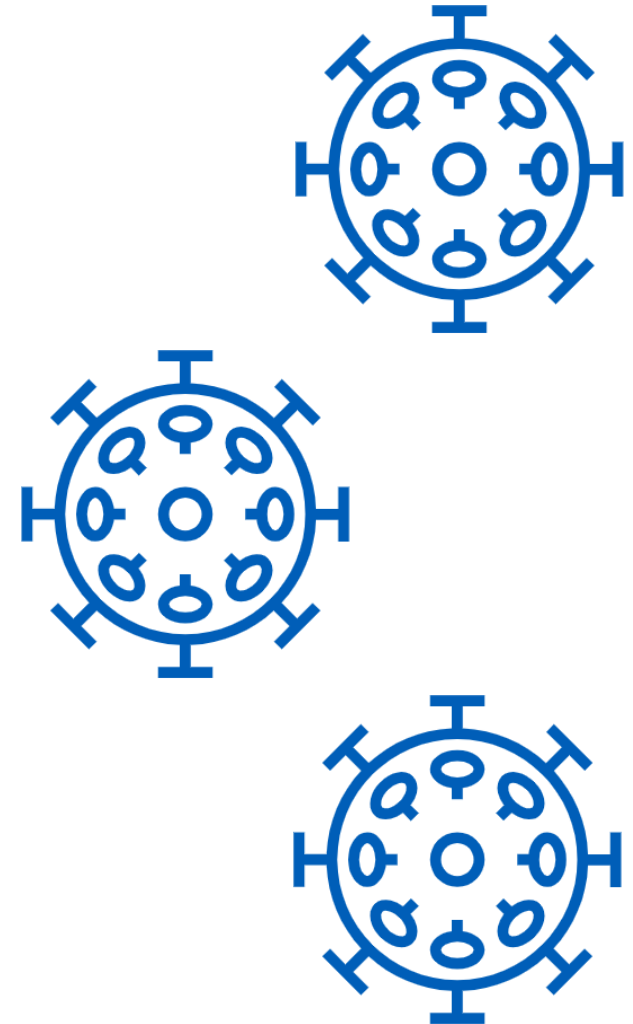
Questions and answers.....



Will the flu jab protect me against Covid-19? No just the flu.

How will I know if I have flu or Covid? Both have similar symptoms so it may be difficult to tell. For this reason, it's really important that you have your vaccination if you are eligible.

Is the vaccine stronger this year? No, this year's vaccine has been designed to target this season's strain of flu, as with every year.



Where will I have the jab?

Your GP practice, health centre or pharmacy, details will be in your invite.

Is the flu vaccination safe?

Flu vaccine is the best protection we have against this virus and studies have shown that it does help to prevent flu.

Are there side effects?

Possibly a mild temperature, sore arm or slight muscle aches for a day or so. This is entirely normal. Serious allergic reactions are rare.



Is gelatine used in the flu vaccine?

The nasal spray vaccine that protects children against flu contains porcine gelatin. This is offered to children as it is more effective than the injected vaccine.

Why?

Porcine gelatine is used in vaccines as a stabiliser – to ensure that the vaccine is safe when it is stored. Unlike the gelatine used in foods, the product used in vaccines is purified and broken down into very small molecules.

Is there an alternative?

If your child is at high risk and can't have the nasal vaccine they should have the injection.





Flu can be serious.
Protect yourself and
others. Get the flu jab.



Pregnant women
should get their free
flu jab.



“Just” the flu?

Each year the flu kills on average
11,000 people. There’s no just about it.

The flu vaccine helps to protect you
and the people around you, and it’s free
to those most at risk.

Ask your GP or pharmacist

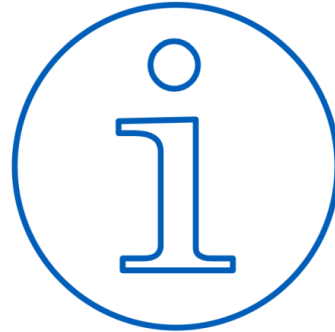


Children aged 2-11
can get a free flu
vaccination.

Look out for our campaign across NW London

**Have you had your
job? Tell others
also at risk...**

Need more information?



- [Download campaign resources](#) and [translations in 13 other languages](#) visit nwlondonccgs.nhs.uk
- Information on the vaccine visit nhs.uk/conditions/flu
- Find out if your local pharmacy is offering the jab visit <https://myvaccinations.co.uk/> or for Boots pharmacies www.boots.com/online/pharmacy-services/