

# FLU VACCINATION

Those at increased risk from flu include people aged 65 and over and those under this age suffering with certain chronic conditions. One of the best ways to protect yourself against this is to have a free flu jab during the Autumn (September to November) each year.

Please make an appointment at the doctor's surgery for a flu vaccination if you are:

- Aged over 65 years
- or

If you are aged over 6 months of age and under 65 years but suffer with:

- A chronic respiratory disease or asthma
- A chronic kidney disease
- Chronic liver disease
- Chronic heart disease
- Diabetes
- Are immunosuppressed
- Stroke/Trans Ischaemic Attack (TIA)
- Chronic degenerative neurological disease, cerebral palsy or multiple sclerosis
- Pregnant
- A main carer for an elderly or disabled person

If you suffer from any of these, the Government recommends that you have a flu jab.

