

# Everything you need to know about flu vaccines!

## Pregnant?

The flu jab will not harm your baby - in fact it protects both of you.

## Over 65?

You need a flu jab every year as the virus changes.

## Health condition?

Getting the flu can be more serious if you have asthma, diabetes, or a heart, chest, liver, kidney or neurological condition. People with learning disabilities and who have a body mass index over 40 are also at risk.

# FLU SAFE

## H1N1

The flu jab will protect you from the H1N1 virus.

## Children

A nasal vaccination is available for all children aged 2 and 3 years old on August 31 2018 through their GP (i.e. those born between 1 Sep 2014 and 31 Aug 2016). All children in Reception and Years 1 - 5 will be offered a vaccination through school. A flu jab is also available for children from the age of 6 months with a chronic health condition.

## Weakened immune system?

Flu can be fatal if you are already suffering from a weak immune system.

## Are you a carer?

Get a free vaccine if you receive a carer's allowance, or are the main carer of a person whose welfare may be at risk if you fall ill.

## FLU FACT

Flu can be a really serious illness

Contact your GP or Pharmacy today.

[www.warwickshire.gov.uk/flu](http://www.warwickshire.gov.uk/flu)  
[www.coventry.gov.uk/flujab](http://www.coventry.gov.uk/flujab)

