

# SEASONAL FLU

## Do you need the jab?

### This year's seasonal flu vaccine is available now for:

- all pregnant women (at any stage of pregnancy)
- anyone aged 6 months or over with a long term health problem
- anyone aged over 65
- anyone who lives in a residential or nursing home
- anyone who cares for an older or disabled person

**Please don't delay,  
talk to your GP today**

