

WHO CAN HAVE A FREE FLU VACCINATION?

Those eligible for a free flu vaccination through the NHS in 2023/24 are:

- Those aged 65 years and over
- Those aged 6 months to under 65 years in clinical risk groups
- Pregnant women
- All children aged 2 or 3 years on 31 August 2023
- Primary school aged children (from Reception to Year 6)
- Those in long-stay residential care homes
- Carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- Close contacts of immunocompromised individuals
- Frontline workers in a social care setting without an employer led occupational health scheme

For further information about flu, visit www.nhs.uk/conditions/flu/.

HOW DOES A FLU VACCINATION WORK?

A flu vaccination triggers your body to make special proteins called antibodies that help protect you against the flu virus. This can take about 10 to 14 days. After this, if you're exposed to the same virus your body can recognise and fight it.

You'll still need a flu vaccination every year because flu viruses are constantly changing, so each year the vaccination only protects you against the strains of flu virus expected for the coming winter.

LAST YEAR 22,404,707 PEOPLE* HAD THEIR NHS FLU VACCINATION. THIS YEAR, WILL YOU?

Protect yourself and those around you. Ask a member of staff if you are eligible for a free flu vaccination.

If you get any side effects, talk to your doctor, pharmacist, or nurse.

*In England and Wales during the 2022-23 flu season. Provided as a service to medicine by Seqirus UK Limited. Copyright © Seqirus UK Limited 2023. GBR-FLU-23-0056 July 2023



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If you are over 65 or have an existing long-term health condition, even if well managed, flu-related complications can be a serious risk.

Protect yourself and those around you. Ask a member of staff if you are eligible for a free flu vaccination.

CSL Seqirus

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WHY SHOULD I GET A FLU VACCINATION?

Anyone can catch flu, but if you're over 65 or living with a long-term health condition it's important to get your flu vaccination because you're at greater risk of the flu causing you serious health complications.

For those over 65, the risk of health complications may be increased as your immune system is less effective at fighting off infections compared to when you were younger.

For those with long-term health conditions, even if you feel well, flu can worsen symptoms of conditions like asthma, diabetes and heart disease, leading to complications such as pneumonia, breathing difficulties, chest pain and even stroke.

A flu vaccination can help reduce your risk of catching flu and developing complications. It can also help protect those around you and reduce the pressure on the NHS.

WHAT IF THERE ARE SIDE EFFECTS?

You may get some side effects after your flu vaccination, but these are usually mild and should only last a couple of days.

They might include but are not limited to:

- A sore arm where the needle went in
- Muscle aches
- A slightly raised temperature

You should report any side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard

This includes any possible side effects you've not been told about. By reporting side effects, you're helping improve the safety of medicines. You can also talk to your doctor, pharmacist or nurse.

CAN I HAVE MY COVID-19 VACCINATION AT THE SAME TIME AS MY FLU VACCINATION?

Having a vaccination against flu and COVID-19 provides protection for you and those around you from both illnesses. Data on administering the COVID-19 vaccination and flu vaccination together show that the response rates are unaffected and that side effects soon after vaccination are acceptable.

Speak to a staff member for further guidance.

HOW DO I GET A FREE FLU VACCINATION?

Ask a member staff if you are eligible for a free flu vaccination. If you are, they can book an appointment for you. Once you've booked your flu vaccination, don't forget to tell the nurse or pharmacist if:

- You feel unwell with a high temperature.
- You are allergic to eggs
- You have had a reaction to a previous flu jab