

Beat flu

This leaflet is about **flu vaccine** and who can have it for free.



Flu is an infection caused by germs. It causes things like:

- a fever
- aching body
- headaches
- coughs
- sore throats.



A **flu vaccine** is a medicine that helps stop you getting ill from flu. It can help stop you spreading the infection to other people.



For some people **flu** can be very serious. It is important that these people get a **flu vaccine**.

Who should get a flu vaccine?



The **flu vaccine** is free for everyone aged 6 months and over who are at risk of being very ill if they catch flu.

This includes people who have:

- diabetes
- a chest condition or lung disease
- asthma
- a serious heart problem
- liver disease
- kidney disease (from stage 3)
- had a stroke
- a weak immune system
- had their spleen taken out, or have a spleen that doesn't work very well
- or are very overweight.

You should also have a flu vaccine if you:



- work in a care home



- are pregnant



- are aged 65 or over



- are a carer



- are a **community first responder**. This is a person who comes first to help before the ambulance



- are an **emergency first aider** at public events



Health and social care workers should also have a flu vaccine. Talk to your employer about this.

Flu vaccine for children



Children from 6 months of age with a health problem and children aged 2 or 3 years old can get a free **flu vaccine** from their doctor.



Primary school aged children can get a **flu vaccine** in school.



Secondary school aged children with a health problem can get a free flu vaccine from their doctor.



Flu vaccine for children from the age of 2 is given as a spray up the nose.

If you are not sure if you can have a free flu vaccine ask:



- your GP surgery



- your local pharmacy.

Visit BeatFlu.org or CurwchFflw.org for more information