

Why get the flu vaccination?

The **flu vaccine**, is your best defence this winter. Influenza more commonly known as Flu is a serious disease that can cause severe illness and sometimes even death.

Millions of people get flu every year. Last year in England, a total of 3175 people were admitted to intensive care/high dependence units, due to influenza; with 320 resulting in death.¹

Flu can affect people differently; even if you are healthy and think you can cope with it, you may pass it onto someone close to you who may be at a **greater risk** of complications due to medical conditions such as **heart disease or diabetes** etc. The best way to reduce your risk of getting sick with seasonal flu and passing it to other people is to have the flu vaccination, which is free to many.

If you are unsure of your eligibility for the flu vaccine, contact your **GP or pharmacy**.

The more people who have the vaccination this winter, the less the Flu virus can spread, helping to **protect those vulnerable children and adults** within our community.



Public Health
England

NHS

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Midlands & East