

Cheshire West & Chester Council

DON'T LET THE FLU CATCH YOU

Protect yourself and those you care for by
getting vaccinated.

You are eligible for a free flu vaccine if you:

- are over 65
- are pregnant
- are aged 2-9/10 years (school year 5)*
- are a health worker and social care worker**
- have a long term health condition

- live in a long stay care home
- are the main carer of an older or disabled person
- live with someone with a weakened immune system

Please contact your GP or visit your local pharmacy to arrange your free flu vaccination.



*Children aged 2-9/10 years are usually offered the nasal spray vaccination by their GP or in school.

**If you are employed by a registered care provider or hospice and work directly with people in a clinical risk group you are eligible for a free flu vaccination via your GP or pharmacy. All other health and social care workers should be offered flu vaccination via their employer.

www.cheshirewestandchester.gov.uk



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