

Flu can be serious!

You should have a flu vaccine if you are aged 6 months and over and have...



Neurological disorder,
including stroke and mini stroke



Chest conditions,
including COPD and asthma
needing regular inhalers



Heart disease



Morbidly obese
(adults only)



Liver disease



Diabetes



**Suppressed
immune system**



Kidney disease
from stage 3

It's also very important for people who are...

Pregnant



**Age 65 years
or over**



**Living in a long
stay care home**



Carers



Adults can have their flu vaccine at their GP surgery or local pharmacy.

The flu vaccine for children is sprayed up the nose...

Age 2 Age 3

(Age on 31 August 2017)



Can get it at their GP surgery

Reception class, school years 1, 2, 3 and 4



Can get it in school

Children of other ages in risk groups can have their flu vaccine in their GP surgery.

**Ask your GP surgery or
local pharmacy for advice
or call NHS Direct Wales on
0845 46 47**



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www.beatflu.org



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