




# FLU CAN KILL PROTECT YOURSELF AND OTHERS WITH A FREE VACCINE



Flu spreads very easily in care homes and can be very serious for some people. That's why flu vaccine is now free in Wales for care home staff with regular client contact.

Having your vaccine not only protects you from catching flu, it also protects you from spreading it to people around you, who may be vulnerable to flu and its complications.

This includes:

-  **Your patients or clients**
-  **Your colleagues**
-  **Your family**

Get your **free** flu vaccine at your local community pharmacy.  
**Don't miss out!**

For more information visit [www.beatflu.org](http://www.beatflu.org)

