



Get the jab, get flu safe

From October 2012, NHS North Essex is encouraging people at greater risk from the flu virus to get flu safe with a free flu jab from their GP.

Flu is a highly contagious infection that anyone can catch, and it can be really serious for some. People at most risk include those aged 65 or over, pregnant women, and those with health conditions such as severe asthma, chest or heart complaints, and diabetes.

The flu vaccine changes every year to fight the latest strains of flu, so even if you had a jab last winter you need another one this year to stay flu safe. The jab doesn't contain the 'live' virus so it cannot give you the flu.

If you're in any of the 'at risk' groups, the flu jab is completely free, and is a safe way of protecting you and your family in a matter of minutes.

Simply contact your GP to arrange a convenient appointment and get your jab. It's quick, safe and free for those most at risk from the flu virus.

For more information - speak to your GP or local pharmacist, or visit www.nhs.uk/flu.

The Patient Advice and Liaison (PALS) service will be able to advise you if you have any issues regarding accessing your flu jab, telephone: 01245 459459 or email me-pct.patientexperience@nhs.net

Flu Facts

- The flu jab can't give you flu
- The flu jab is perfectly safe
- The flu virus changes, so you need a flu jab every year
- If you're pregnant, the flu jab doesn't harm your unborn baby. In fact it can protect your baby from flu for the first few months of life
- The flu jab also protects against swine flu
- The flu jab isn't just for older people – pregnant women, those with health conditions, carers, and those with weakened immunity should all get the jab
- The flu jab protects people of all ages
- Flu isn't just a cold, it can be a really serious illness