

# She wishes she'd had her flu vaccination



Picture posed by model

## Don't forget to protect yourself against seasonal flu

Contact your GP surgery and ask for your flu jab

You can have a free flu vaccination if you are aged 65 or over,  
have certain serious medical conditions, are the main carer for an  
older or disabled person or are pregnant

[www.nhs.uk/flu](http://www.nhs.uk/flu)