Do you need the flu jab?

Asthma?

Flu can make your asthma worse.

Get the jab.

Heart disease?

Heart patients are four times more likely to have a heart attack after an infection like flu.

Get the jab.

Liver disease?

Your immune system may be weakened, making you more likely to catch flu.

Get the jab.

Weakened immune system?

GET THE JAB

Lowered immunity, for example from steroid medication or cancer treatment, makes you less able to fight infection and recover from flu.

Get the jab.

C Diabetes?

Flu can cause blood glucose levels to rise, and lead to uncontrolled diabetes.

Get the jab.

Lung disease?

Flu can make your symptoms worse.

Get the jab.

Kidney disease?

Your immune system may be weakened, even if you feel well, making it harder to fight off and recover from flu.

Get the jab.



If you have any of these conditions, you are also more likely to develop serious complications from flu, such as pneumonia. Contact your GP today to book your flu jab. It's quick, safe and free.

www.nhs.uk/flu

