



UK Government



# HELP YOUR BODY FIGHT FLU

If you have certain long-term health conditions you are eligible for a flu vaccine. Check your eligibility and book now [nhs.uk/book-flu](https://nhs.uk/book-flu)

**STAY STRONG.  
GET VACCINATED.**

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## **Flu: More Than Just a Cold**

People with certain long-term health conditions face serious complications from flu, including hospitalisation or death.

But a flu vaccine gives you the best protection - like protective armour.

If you have a **chronic heart condition**, a **respiratory condition** such as COPD or severe asthma, **kidney disease**, **diabetes**, **liver disease**, a **neurological condition** (such as cerebral palsy, MS, Parkinson's disease, motor neurone disease or have had a stroke) or are **immunosuppressed** you are at greater risk and are eligible for the flu vaccination on the NHS.

So, before winter sets in, when flu spreads more easily, check your eligibility and book online at **[nhs.uk/book-flu](https://nhs.uk/book-flu)**

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