

protect yourself

**catch the vaccine
not the flu**

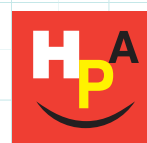


If you suffer from a serious medical condition* or are aged 65 or over, it makes sense to get the flu vaccine.

Contact your GP surgery to find out the arrangements for flu vaccination in your practice.

*eg a chronic heart condition or chest condition (such as asthma); diabetes; chronic kidney disease; chronic liver disease; lowered immunity due to disease or treatment such as steroids or cancer therapy.

Produced by the Health Promotion Agency for Northern Ireland. Tel: 028 9031 1611 (voice/minicom), www.healthpromotionagency.org.uk



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