

DON'T UNDERESTIMATE SEASONAL FLU

Ask your GP for a vaccination now

You may have heard a lot about swine flu, but it's important to remember that seasonal flu can be serious too.

If you are 65 or over or have a chronic illness (e.g. diabetes, heart disease or any other long term condition), you are more at risk of serious illnesses such as bronchitis and pneumonia if you catch seasonal flu.

Contact your GP now for this year's seasonal flu vaccination.

Flu. Protect yourself and others.

