

SHARE THE MOMENT

NOT THE FLU

FLU IS NOT JUST A BAD COLD

If you're 65 years or over, or think you're in a clinical at-risk group, speak to your doctor or practice nurse for more information about whether your flu vaccination may be free.

- » Even if you feel healthy, flu can worsen underlying health conditions.¹
- » Flu infects 15–20% of people in the UK each year.²
- » Getting your flu vaccination can help stop you getting and spreading flu.³



www.YouNotFlu.com

ASK ABOUT FLU VACCINATION HERE TODAY

Reporting of side effects: if you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at yellowcard.mhra.gov.uk. By reporting side effects you can help provide more information on the safety of this medicine.

References: 1. NHS Direct Wales. Vaccination – Who should have the flu vaccine? Available at: <https://www.nhsdirect.wales.nhs.uk/livewell/vaccinations/Flujabwho/> [Last accessed May 2020]. 2. NHS Thurrock Clinical Commissioning Group. Flu vaccine myth busters. Available at: <https://www.thurrockccg.nhs.uk/your-health/information-leaflets/information-leaflets-2018/4418-flu-vaccine-myth-busters-2018/file> [Last accessed May 2020]. 3. Public Health England. Public health matters – Flu vaccination: What you need to know about this year's vaccine. Available at: <https://publichealthmatters.blog.gov.uk/2018/09/13/flu-vaccination-what-you-need-to-know-about-this-years-programme/> [Last accessed May 2020].

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