

## **NOW MORE THAN EVER - GET YOUR FREE FLU JAB**

### **Protect yourself and those around you**

Let's face it; everyone is talking about the Covid vaccine - When will it arrive? Who will get it first? There are so many questions. What we must not forget, is that the flu is also circulating at this time of year and we already have a vaccine for the flu so don't waste any time and book your flu jab at your local pharmacy or your GP surgery as soon as possible.

You are entitled to a free flu vaccine if you are aged 65 and over and you are also eligible if you have a long term health condition no matter what age you are.

It is important to know that it takes up to two weeks for the flu vaccine to fully protect you from the flu virus once you have had the jab, so get your appointment organised now to get your free flu vaccine either at your GP surgery or your local Pharmacy.

Unfortunately, Londoners over 65 have the lowest uptake of the flu vaccine across the whole country! The World Health Organisation recommends that 75% of adults aged 65 and over should have the flu vaccine but sadly, some London boroughs barely reached 50% take up during the previous flu season!

Age UK London has lots of information and resources that they are happy to send out to you. Contact Sharon Tynan by email on [stynan@ageuklondon.org.uk](mailto:stynan@ageuklondon.org.uk) if you would like to order any of their free resources

- **Flu information pack** - full of hints and tips as well as lots of information and mythbusters.
- **A3 size posters** – be a flu fighter and spread the message by putting up a poster in your local shop or community notice board

You can also look at the Age UK London website that has lots of information and resources [www.ageuklondon.org.uk](http://www.ageuklondon.org.uk)

Now more than ever - it's important for as many people as possible to take up their free flu vaccine and protect themselves and those around them.

Stay safe