



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

POW! Protect yourself and your loved ones from flu this winter

Flu can be serious and some people are at higher risk. If you are in any of the following groups you are considered to be in an “at risk” group and are eligible for a free flu vaccination:

- aged 65 years or over
- aged over 6 months and have a long-term medical condition such as:
 - heart disease, lung disease or chest complaints
 - diabetes
 - neurological disease
 - liver disease, kidney disease or suppressed immunity
- had a stroke or transient ischemic attack (TIA or mini-stroke)
- live in a long-stay residential or nursing home
- are the main carer for an older or disabled person
- pregnant (you can have the flu vaccine at any stage of your pregnancy)

Children aged 2-6 are also eligible for a nasal spray flu vaccine (no needles!).

School-aged children will be offered their vaccine at school and pre-school children will be contacted by their GP practice.

Flu – if you care make sure they’re protected

Flu causes serious complications and hundreds of deaths in Wales every winter. If you are the main carer for a vulnerable person, protect them by having the flu vaccination and by ensuring that they have it too.

Carers get the vaccine too!
Are you the main carer for somebody? To help look after them, you need to look after yourself too. You’re entitled to have the flu vaccine free of charge. Go to your GP drop-in clinic or call to make an appointment.

Don’t wait until there is a flu outbreak this winter: contact your GP or pharmacy now to get your free flu jab.

Your local GP surgery is making appointments now for your free flu vaccine. Some practices are also holding Saturday drop-in clinics. Give your practice a call now to find out more. Flu vaccination is also available from your local pharmacy – there is no charge if you are eligible for a free flu vaccination.