



Public Health
England

NHS

Pregnant? See us for your flu jab and help protect your baby and you

The flu jab is the safest way to avoid the flu and any serious complications it can cause.

It's free because you need it, however many months pregnant you are and however fit and healthy you might feel.

Book an appointment today.

nhs.uk/flu-vaccine

**HELP US
HELP YOU**

STAY WELL THIS WINTER