

IPC

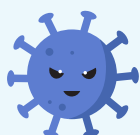
Memo of the month

GET YOUR FREE FLU VACCINE THIS AUTUMN/WINTER

Have you had your flu vaccine?

Who is eligible for the flu vaccine from 1st September?	• Pregnant women • All children aged 2 or 3 years on 31 August 2026 • Primary and secondary school aged children • All children in clinical risk groups aged from 6 months to under 18 years
Who is eligible For the flu vaccine from 1st October?	• Everyone aged 65 years and over • Individuals aged 18 to under 65 in clinical risk groups • Care home residents • Carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person • Close contacts of immunocompromised individuals • All frontline health and social care workers (including care and nursing homes)

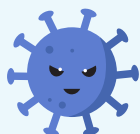
While some people may experience mild side effects from the injection such as a sore arm, body aches and slight fever, these generally don't last long and are far less severe than flu itself.



EVERYONE IS SUSCEPTIBLE TO FLU, ANYONE CAN CATCH AND SPREAD FLU



PEOPLE WITH MILD OR NO SYMPTOMS CAN STILL PASS FLU TO OTHERS



VACCINATION IS THE BEST DEFENCE WE HAVE AGAINST FLU

