

# Each behaviour retains a clear and distinctive visual identity

**Do you have:**

- heart disease
- kidney disease
- liver disease
- diabetes
- COPD (e.g. bronchitis or emphysema)

Flu can be serious and lead to hospitalisation. Speak to your GP surgery or pharmacy today about getting a flu jab. It's free because you need it.

**HELP US HELP YOU**  
STAY WELL THIS WINTER

nhs.uk/fluavaccine

This is not a full list of conditions. If you have a long-term health condition, talk to your GP surgery or local pharmacist to see if you are eligible for a flu jab.

Cheryl Sewell, Registered Nurse

**Is your child aged 2-3? See us to help protect them from flu.**

Flu can be horrible for little children and if they get it, they can spread it around the whole family.

Contact your GP surgery for the free flu vaccine.

It's usually not an injection, just a quick and easy nasal spray.

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nhs.uk/fluavaccine

All those aged 2 and 3 that not 4 years or older on 31 August 2018.

Rachel Keith, Registered Nurse

**Don't wait until you feel worse, ask us first.**

You can help us help you if you start to feel unwell with a winter illness.

Even if it's just a cough or cold, speak to your pharmacist before it gets more serious.

**HELP US HELP YOU**  
STAY WELL THIS WINTER

nhs.uk/staywell

Prammet Shah, Pharmacist

**Think you need medical help right now? Call 111**

You can help us help you get the right medical attention urgently.

Our fully trained advisors are available 24 hours a day and can put you straight through to healthcare professionals.

**HELP US HELP YOU**  
KNOW WHAT TO DO

**CALL 111**

Heidi Nielsen, Nurse