

The background of the entire page is a photograph of an older Black man with a grey beard and a young Black girl. The girl is leaning in and kissing the man on the cheek. The man is smiling and looking down at her. They are both wearing patterned shirts. The image is framed by a thick yellow border.

# **Flu causes serious illness for people with long-term health conditions**

**Protect yourself by getting the flu  
vaccine this winter.**

Book an appointment through the NHS App,  
[nhs.uk/bookflu](https://nhs.uk/bookflu), 119, or your pharmacy or GP. Find  
participating pharmacies at [nhs.uk/flu-pharmacy](https://nhs.uk/flu-pharmacy)