

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. He is smiling warmly at her. The man is wearing a blue and white patterned shirt, and the girl is wearing a light-colored, patterned sleeveless top. The photo 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)