





## Get your free flu jab







The best way to avoid flu is to get a free flu jab.

## **MHS GP surgery**

You can have the flu jab at your GP surgery.



Or you can have the flu jab at a pharmacy.

If you are scared of needles, tell the nurse. You may be



## able to have the vaccine as a nose spray instead.

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Flu **immunisation** Helping to protect everyone, at every age