

A pregnant woman with long dark hair, wearing a brown long-sleeved top, is standing in a hospital setting. She is smiling slightly and looking towards the camera. Her hands are resting on her belly. The background shows hospital equipment and a screen.

Pregnant? See us for your flu jab and help protect your baby and you

The flu jab is the best way to help avoid flu and any serious complications it can cause.

It's free because you need it, however many months pregnant you are or fit and healthy you might feel.

Book an appointment today.

**HELP US
HELP YOU**

STAY WELL THIS WINTER

nhs.uk/flu vaccine