

# FLU

Flu.  
I'm ready  
for you.



**Pregnant  
women**

**Get serious about flu.  
Contact your GP now.**

Flu can hit you and your unborn baby hard. So don't risk it. This year's vaccine is the best defence against flu and helps protect you and your baby for up to three months after birth. Get your free vaccine sorted.

 [www.nhsinform.scot/flu](http://www.nhsinform.scot/flu)  
 **NHS inform 0800 22 44 88**

**NHS**  
SCOTLAND

**70**  
YEARS  
#nhsscot70



**Healthier  
Scotland**  
Scottish  
Government

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