

You are eligible to receive a free flu jab if you:

- are 65 years of age or over
- are pregnant
- have certain medical conditions (see below)
- are living in a long-stay residential care home or other long-stay care facility
- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- are a healthcare worker with direct patient contact or a social care worker (see below)

Medical conditions

- chronic (long-term) respiratory disease, such as [asthma](#) (that requires inhaled or tablet steroid treatment or has led to hospital admission in the past), [chronic obstructive pulmonary disease \(COPD\)](#) or [bronchitis](#)
- chronic heart disease, such as [heart failure](#)
- [chronic kidney disease](#)
- chronic liver disease, such as [hepatitis](#)
- chronic neurological conditions, such as [Parkinson's disease](#) or [motor neurone disease](#)
- [diabetes](#)
- problems with your spleen – for example, [sickle cell](#) disease, or if you have had your spleen removed
- a weakened immune system due to conditions such as [HIV and AIDS](#), or as a result of medication such as [steroid tablets](#) or [chemotherapy](#)

Health Care Worker

If you're a frontline health and social care worker, you are eligible for an NHS flu jab to protect yourself, your colleagues and other members of the community. It is your employer's responsibility to arrange vaccination for you. Public Health England has this advice on [flu vaccination of health and social care workers](#).

If unsure please speak to the practice nurse at the Medical Centre