

# Don't let the flu

# STOP YOU



Kids need you at your best—not battling the flu. Protect yourself and your children this season by getting vaccinated against the flu.

**Talk to your GP or local pharmacist about your flu shot - it's free if you're pregnant and for kids under age 5.**

Visit [hnc.org.au/flu](https://hnc.org.au/flu) for more information about preventing the flu.

