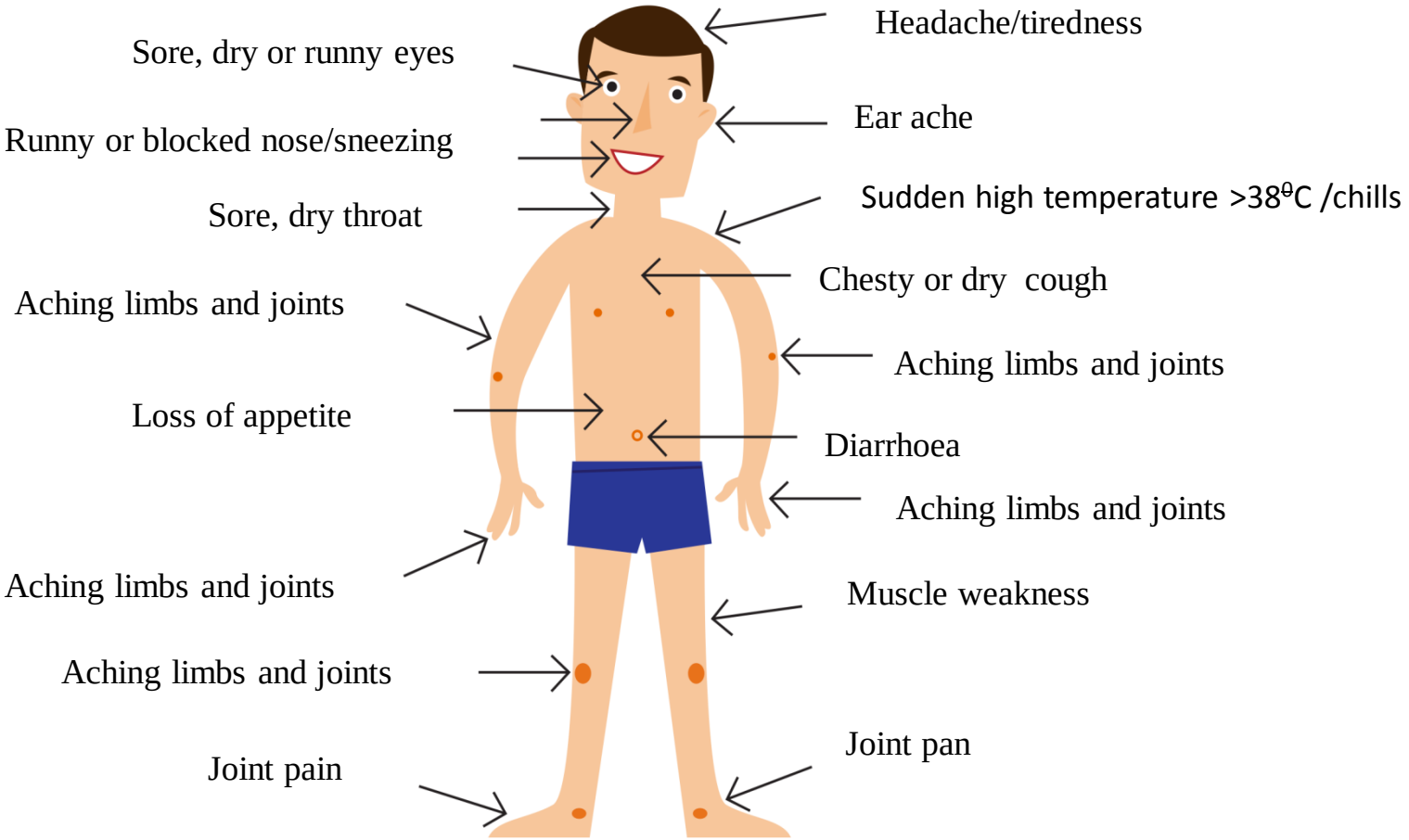
Flu



If you or your child are invited for your free flu vaccination by your GP, employer or school health team make sure you take up the offer. During flu season, remember to 'Catch it; Bin it; Kill it', practice good hand hygiene, eat well, and rest when you can. Flu…….much worse than a bad cold!