**Flu vaccine for people with long-term health conditions**

The flu vaccine is offered free on the NHS to anyone with a serious long-term health condition, including:

* respiratory conditions, such as [asthma](https://www.nhs.uk/conditions/asthma/) (needing steroid inhaler or tablets), [chronic obstructive pulmonary disease (COPD)](https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/), including emphysema and [bronchitis](https://www.nhs.uk/conditions/bronchitis/)
* [diabetes](https://www.nhs.uk/conditions/diabetes/)
* heart conditions, such as [coronary heart disease](https://www.nhs.uk/conditions/coronary-heart-disease/) or [heart failure](https://www.nhs.uk/conditions/heart-failure/)
* being very overweight – [a body mass index (BMI)](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/) of 40 or above
* [chronic kidney disease](https://www.nhs.uk/conditions/kidney-disease/)
* liver disease, such as [hepatitis](https://www.nhs.uk/conditions/hepatitis/)
* neurological conditions, such as [Parkinson's disease](https://www.nhs.uk/conditions/parkinsons-disease/), [motor neurone disease](https://www.nhs.uk/conditions/motor-neurone-disease/), [multiple sclerosis (MS)](https://www.nhs.uk/conditions/multiple-sclerosis/), or [cerebral palsy](https://www.nhs.uk/conditions/cerebral-palsy/)
* a [learning disability](https://www.nhs.uk/conditions/learning-disabilities/)
* problems with your spleen, for example, [sickle cell disease](https://www.nhs.uk/conditions/sickle-cell-disease/), or if you have had your spleen removed
* a weakened immune system as the result of conditions such as [HIV and AIDS](https://www.nhs.uk/conditions/hiv-and-aids/), or taking medicines such as [steroid tablets](https://www.nhs.uk/conditions/steroids/) or [chemotherapy](https://www.nhs.uk/conditions/chemotherapy/)

Talk to your doctor if you have a long-term condition that is not in one of these groups. They should offer you the flu vaccine if they think you're at risk of serious problems if you get flu.

**Flu vaccine for people who are pregnant**

You should have the flu vaccine if you're pregnant to help protect you and your baby.

It's safe to have the flu vaccine at any stage of pregnancy.

**Information in other formats**

* [GOV.UK: flu vaccination information in other languages](https://www.gov.uk/government/publications/flu-vaccination-who-should-have-it-this-winter-and-why)
* [GOV.UK: flu vaccination easy read guides](https://www.gov.uk/government/publications/flu-leaflet-for-people-with-learning-disability)
* [NHS England: flu vaccination large print guide](https://www.healthpublications.gov.uk/ViewArticle.html?sp=Sfluvaccinationwhoshouldhaveitandwhybslvideoversion-1397)
* [NHS England: flu vaccination audio guide](https://www.healthpublications.gov.uk/ViewArticle.html?sp=Sfluvaccinationwhoshouldhaveitandwhyaudiovideoversion)
* [YouTube: flu vaccination British Sign Language (BSL) video](https://youtu.be/8MFGn3t_mPo)

**Where to have the flu vaccine**

| A table showing a child's age and where the flu vaccine is available on the NHS | |
| --- | --- |
| **Child's age** | **Where to have the flu vaccine** |
| From 6 months until 2 years (with long-term condition) | GP surgery |
| From 2 years until child starts primary school | GP surgery |
| All children at primary school | School |
| All year 7 school children | School |
| Children aged 12 to 17 years (with long-term condition) | GP surgery |
| Home-schooled children (aged 4 to 11 years) | Community clinic |

Home-schooled children should be invited for vaccination by the local healthcare team. If you do not hear from them, ask your child's GP where they should go for vaccination.

If your school-aged child has a long-term health condition, you can ask the GP surgery to give the vaccine instead of having it at school.

**What if my child is unwell on the day?**

Your child should wait until they're better before having the nasal spray flu vaccine if they have:

* a very blocked or runny nose – these might stop the vaccine getting into their system
* a high temperature