



PROTECT YOURSELF THIS FLU SEASON

Flu is not just a heavy cold

It can cause high fever, severe aches, extreme tiredness, and serious complications.

The annual flu vaccine is your best protection. Because flu strains change each year, yearly vaccination matters.

We offer workplace flu vaccinations take advantage by having a vaccine.

Why get vaccinated?

- Reduces severity if you do catch flu
- Helps you stay healthy and energised
- Protects against serious illness
- Keeps our workplace running smoothly.



PROTECT YOURSELF AND YOUR WORKPLACE

If you're an employee, get your flu vaccine **every year** to protect yourself and those around you.



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