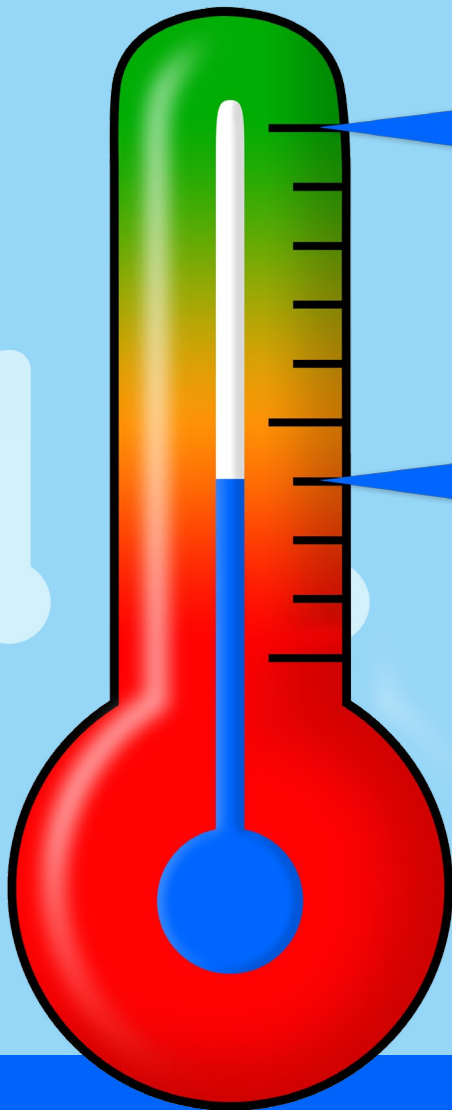


Thurrock Flu Thermometer



Over 40,500 people in Thurrock are eligible for the free flu jab.

By end of October only around 16,500 (40%) have received their vaccine.

To support people to stay well this winter, Thurrock Council and the CCG have come up with a temperature check on Thurrock's flu vaccine. This year we want to make a big improvement on the numbers of people who are vaccinated. Help us raise our levels by getting your vaccine done! Contact your GP or visit a community pharmacy.

To find out who is eligible for the free flu vaccine, visit: www.nhs.uk/flu

[Watch our video](#) on how easy and quick a flu jab is.

[See our Myth Buster](#) to help you understand how the flu vaccine works.