

CARE

BOOST YOUR IMMUNITY THIS WINTER



**WITH YOUR FLU VACCINE
+ COVID-19 BOOSTER**

Flu and COVID-19 can be life-threatening, so protect yourself, your family and the people you care for.

Don't delay, get your free vaccines now.

WHY DO YOU NEED TO GET BOTH VACCINES?

This autumn and winter, health experts have warned we could have a bad flu season, alongside rising cases of COVID-19. We could also be less immune to the flu virus as there were fewer cases last winter due to COVID-19 restrictions.

Flu and COVID-19 can both be life-threatening and spread more easily in winter when we are more likely to be indoors or in crowded spaces. As a social care worker, you will be caring for people who may be at greater risk from these viruses.

It's easy to pass on COVID-19 or flu without knowing. Even if you're healthy, you can still catch COVID-19 or flu and spread it to the people you care for. Getting vaccinated is the best way to protect yourself and those around you.

WHEN SHOULD YOU GET YOUR VACCINES?

The flu vaccine is available now to social care workers caring for people who are clinically vulnerable to flu. You will also be offered a COVID-19 booster no earlier than six months after completing your primary vaccine course. Book your flu vaccine as soon as possible to protect yourself this winter. The NHS will contact you directly when it's your turn to get a COVID-19 booster.

HOW WILL YOU GET YOUR VACCINES?

Speak to your employer about the best way to get your flu vaccine. This will either be at your place of work or through your GP practice or community pharmacy. The NHS will contact you directly to let you know when it's your turn to get a COVID-19 booster vaccine and how to book.

Do not wait to try and schedule both vaccinations at the same time as this may not be possible and could delay your protection for the winter ahead. However, if offered, it is safe to have both at the same time.

For more information visit
www.nhs.uk/wintervaccinations