

Stay healthy this winter Book your vaccinations now



Flu and COVID-19 can be life-threatening.

**If you catch COVID-19 and flu
at the same time, you're twice as likely
to be seriously ill, hospitalised or even die.**

Vaccines save lives!

Ask your GP or pharmacist for your free winter
vaccines today or call 119 to book or
use the QR code to book online.

**Protect yourself
and those around you**



Vaccines are the best defence against flu & COVID-19 and free if you are:

- 65 years old or over
 - Living with a long term health condition
 - In close contact with someone who is more likely to get infections
 - A carer of an older or disabled person
 - A health or social care worker
 - Living in a residential care or nursing home
- book online

**If in doubt, ask your
GP or Pharmacist**

