

**Now, more
than ever**

**get your
free winter
vaccine**



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.

Ask your GP or pharmacist for your free winter vaccines today!

**Protect yourself and those
around you**



Registered charity number 1092198

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

- 50 years 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

If in doubt, ask your GP or Pharmacist

