

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 you are eligible if:

FREE FLU VACCINE

- **Aged 65 or over** including if you'll be 65 by 31st March '26
 - Live in a care home
 - have a long term health condition
- main carer for an older or disabled person
 - in receipt of carers allowance
- frontline health & social care worker

FREE COVID VACCINE

- **Aged 75 or over** including if you'll be 75 by 31st January '26
 - Live in a care home
 - have a weakened immune system

You may also be eligible for a vaccine to prevent RSV, Pneumonia or Shingles so do ask your GP or your Pharmacy for more information

