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

London **age**UK

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

If in doubt, ask your GP or Pharmacist