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
Let's change how we age

Registered charity number 1092198

NHS

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 '27
- 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 '27
- 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

