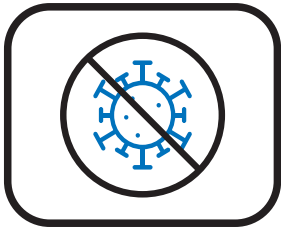


Winter vaccinations



Free COVID-19 vaccine

- 65 or older (by 31 March 2024).
- Frontline health and social care staff.
- Live or work in a care home.
- 6 months to 64 and are at increased risk from COVID-19.*
- 12 to 64 living with someone with a weakened immune system.
- 16 to 64 and a carer for someone.
- Pregnant women.

*Explanation of who is at 'increased risk':

www.nhs.uk/conditions/covid-19/covid-19-vaccination/getting-a-covid-19-vaccine



Free flu vaccine

- Adults: same list as above.
 - Children aged 2-4 - at their GP.
 - School years reception to 11 - at school.
- Please make sure to sign the consent form from Vaccination UK to ensure your child can be vaccinated. The vaccine is a nasal spray and does not require an injection.
- If you are not eligible for a free flu vaccine, you can buy a flu vaccine from your local pharmacy.



Find out more & book your vaccine

Call: 119 (free, Mon-Friday 8.30am-5pm)

Use the NHS app

Flu: www.nhs.uk/conditions/vaccinations/book-flu-vaccination

Covid: www.nhs.uk/covid-vaccine



Have healthy habits

- Regularly wash your hands with soap for 20 seconds or more.
- Open windows to get a cross breeze, or meet outdoors.
- Try to stay home if you feel unwell. If you have to go out, wear a face covering.
- Cover your mouth and nose when coughing or sneezing. Use tissues and throw them away, and wash your hands.