NHS

BOOST YOUR IMMUNITY THIS WINTER

WITH YOUR FLU VACCINE + COVID-19 BOOSTER

Flu and COVID-19 can be life-threatening, so protect yourself, your family and patients.

Don't delay, get your free vaccines now.

WHY DO YOU NEED TO GET BOTH VACCINES?

This autumn and winter, health experts have warned we could have a bad flu season, alongside rising cases of COVID-19. We could also be less immune to the flu virus as there were fewer cases last winter due to COVID-19 restrictions.

Flu and COVID-19 can both be life-threatening and spread more easily in winter when we are more likely to be indoors or in crowded spaces. As a healthcare worker, you will be caring for people who may be at greater risk from these viruses.

It's easy to pass on COVID-19 or flu without knowing. Even if you're healthy, you can still catch COVID-19 or flu and spread it to the people you care for. Getting vaccinated is the best way to protect yourself and those around you.

WHEN SHOULD YOU GET YOUR VACCINES?

The flu vaccine is available now to all frontline healthcare workers. You will also be offered a COVID-19 booster no earlier than six months after completing your primary vaccine course. Get your flu vaccine as soon as possible to protect yourself this winter. Your employer will let you know how you can get the COVID-19 booster.

HOW WILL YOU GET YOUR VACCINES?

Your employer will provide more information on how to get your flu vaccine and COVID-19 booster.

Do not wait to try and schedule both vaccinations at the same time as this may not be possible and could delay your protection for the winter ahead. However, if offered, it is safe to have both at the same time.

For more information visit
www.nhs.uk/wintervaccinations