

CARE

BOOST YOUR IMMUNITY



**GET VACCINATED
WITH THE FLU**

+ COVID-19 VACCINES

Flu and COVID-19 can be life-threatening, so help protect yourself, your family and the people you care for.

Don't delay, get your vaccines now.

WHY IS IT SO IMPORTANT TO GET BOTH VACCINES?

Flu is an unpredictable virus that can kill thousands of people during a flu season. There have been very low levels of flu activity in the last two years because of the measures that were in place to reduce COVID-19 infections, such as social distancing and mask-wearing. This means that there may be a rebound in flu levels this coming winter because people will be mixing more, and they may also be more susceptible to flu as they have not been exposed to the virus.

As a social care 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.

Getting vaccinated is the best way we have to protect yourself and those around you.

It is vital that we help maintain protection against severe illness from COVID-19 and flu this winter to avoid additional pressure on the NHS and social care systems during the busy winter period.

WHEN SHOULD YOU GET YOUR VACCINES?

The flu vaccine and COVID-19 autumn booster vaccines are available from September, and all social care workers are advised to get both vaccinations as soon as possible. There may also be opportunities to get both together.

HOW WILL YOU GET YOUR VACCINES?

The COVID-19 booster may be offered through your employer or you can book through the National Booking Service/calling 119 or find a walk-in appointment through the online vaccination walk-in finder.

The seasonal flu vaccine should be provided by employers as part of the organisation's policy to prevent the transmission of infection. Social care workers who are in direct contact with people who receive care should also have the vaccine provided by their employer. There are circumstances where frontline staff who do not have access to employer led occupational health schemes, can access the flu vaccine through the NHS free of charge.

You may be offered both at the same time, or separately. If you are offered either vaccine get them as soon as possible. We would advise you not to 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.

For more information visit: www.nhs.uk/flujab and www.nhs.uk/covidvaccination