



UK Health Security Agency

NHS

GET WINTER STRONG

Get
vaccinated

**Flu and COVID-19 spread
more easily in winter and can
cause you serious harm if you have
an ongoing health condition.**

**But flu and COVID-19 vaccines can
help keep you protected and better
able to defend yourself. So if you do
run into these viruses this winter, you'll
have milder symptoms, recover quicker
and be less likely to end up in hospital.**

**Check your eligibility and book online
at nhs.uk/wintervaccinations**

