



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](https://nhs.uk/wintervaccinations)**

