Get vaccinated

GET WINTER STRONG

Flu and COVID-19 spread more easily in winter and can cause you serious harm if you're over 65

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**