

CARE



PROTECTS

**YOU, YOUR FAMILY AND
THOSE YOU CARE FOR**

FROM THE FLU

You can give flu to your family and those you care for without having symptoms. Protect those close to you.

**Get your free
flu vaccination**

Why it's important to get your flu jab:

1. If you're a frontline social care worker, you're more likely to be exposed to flu.
2. Catching flu can be serious. On average more than 11,000 people die each year from flu. Some years it's much more and many more are hospitalised every year.
3. You can have flu without any symptoms and pass it on to family, friends and people you support, many of whom may be at increased risk from flu.
4. Being healthy doesn't reduce your risk of getting flu or passing it on.
5. With COVID-19 in circulation, it's more important than ever to stop the spread of flu and reduce pressure on the NHS and social care.

When to get your jab:

You can't get flu from the flu jab. You need to get a flu jab every year to help protect yourself against new strains of the virus. The earlier you get the flu jab the better as it ensures you're covered before the virus starts to circulate.

The flu jab is the best way to protect yourself, your family and people you care for against flu.