

A healthcare worker in purple scrubs is smiling and talking to a patient. The worker has a name tag that says "Mina". The patient's back and ear are visible in the foreground on the right. The background is a dark blue wall.

**CARE**

**GET VACCINATED.  
GET WINTER STRONG.**

Help keep yourself and the people you care for safe this autumn and winter.

**Get your flu and COVID-19 vaccinations.**

For more information visit

[www.nhs.uk/wintervaccinations](http://www.nhs.uk/wintervaccinations)

## **WHY IS IT SO IMPORTANT TO GET BOTH VACCINES?**

For some, flu and COVID-19 are unpleasant illnesses. But for many, they can be very dangerous and even life-threatening.

Every winter, thousands die from flu and people can still get very ill or die from COVID-19. Catching both viruses at the same time increases the risk of serious illness even further.

As a frontline care professional, you're more likely to be exposed to the viruses. These can also be passed on to those you care for who are at greater risk of serious illness, such as older adult care home residents or those with certain health conditions.

Vaccinations are our best protection against flu and COVID-19. Over the last few years, they have kept tens of thousands of people out of hospital and helped to save countless lives. It is important to top up your protection, even if you have had a vaccine or been ill with flu or COVID-19 before, as immunity fades over time and these viruses change each year.

Getting both vaccines ahead of winter, when the viruses spread more easily, are two of the most important things you can do to keep yourself and others around you safe, so you can continue to be there for the people you care for. This year, it is important to get your vaccines as soon as you can due to the risk of the new COVID-19 variant.

## **WHEN SHOULD YOU GET YOUR VACCINES?**

Frontline care workers will be invited for their vaccines from September. If you work in an older adult care home, you may be able to get these when a local team visits to offer vaccination to residents.

For most people, it is fine to have the flu and COVID-19 vaccines at the same time. You may be offered them at the same time or separately. This year, we would encourage you to get both vaccinations as soon as you can and not delay, due to the risk of the new COVID-19 variant.

## **HOW WILL YOU GET YOUR VACCINES?**

The seasonal flu vaccine should be offered through your employer. Social care professionals who are in direct contact with people who receive care should also have the vaccine provided through their employer. Some frontline social care professionals who do not have access to employer-led occupational health schemes can access the flu vaccine through the NHS free of charge.

The COVID-19 vaccine may be offered directly by your employer or you can book by downloading the NHS App, online or by calling 119. There may also be walk-in vaccinations available in your area.

If you work in an older adult care home, you may be able to get these when a local team visits to offer vaccination to residents.

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