



Help protect the person who cares for you this winter

If you rely on the support of a partner, relative or friend who looks after you as a carer, they may be eligible for a free NHS flu jab.

Encourage your carer to speak to their local pharmacist to see if they're eligible for a free flu jab.



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Three reasons why the person who cares for you should have a flu jab, even if they are fit and well

1. Unlike a cold, flu forces most people to take to their bed for several days, which may then make it difficult for them to take care of you.
2. Flu often strikes without warning. It could leave your carer with little time to ask someone else to look after you until they get better.
3. If your carer doesn't have a flu jab, there's an increased risk that they could pass the virus onto you, even if they don't have any symptoms.

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