



FLU KILLS

**GET YOUR FREE
FLU VACCINE**

Professional Carers employees can get their free flu vaccine **NOW** at any pharmacy participating in the NHS community pharmacy flu vaccination service. Just enquire at your local pharmacy and be sure to book in.

Some GPs may also offer vaccination for Home Care workers who are already registered at the practice, but it is recommended that people confirm with the surgery in advance beforehand.

To get vaccinated, you will just need to bring a form of identification to your appointment. This could be your ID badge or your wage slip.

**HELP US
HELP YOU**

STAY WELL THIS WINTER

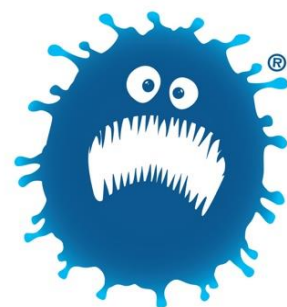
For further help or assistance please see Gary from the office: Tel 0151 638 4500



Public Health
England



Flu facts vs flu fiction



Be a flu fighter, get your flu jab.

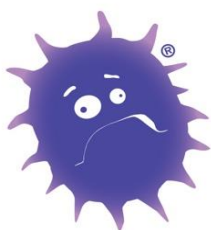


Fiction

The flu jab gives you flu

Fact

The adult flu jab doesn't contain a live virus so it's impossible to get flu from it.

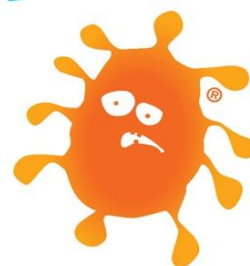


Fiction

You can't spread flu if you're feeling well

Fact

You could be spreading flu right now, with 77 per cent of people with flu showing no symptoms.



Fiction

The flu vaccine does not work

Fact

The vaccine is the single most effective protection against flu.

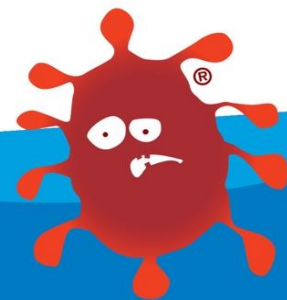
Fiction

I'm fit and healthy, I don't need the vaccine

Fact

Being healthy does not protect you against flu, and you could be spreading the virus with no symptoms.

www.nhsemployers.org/flumatters



Protect yourself and those around you.