



UK Health
Security
Agency

CARE **NHS**

5 reasons to have your flu vaccine

- 1. Helps to protect you, your family, and any children or vulnerable people in your household**
- 2. Helps to protect the vulnerable people that you care for. Getting the vaccine helps to stop people with flu needing to go to hospital**
- 3. Helps you to stay fit, active, healthy and well during the busy winter months**
- 4. Helps stop flu being spread in your work place**
- 5. Helps build confidence. If you are vaccinated, that can encourage those you care for to have their flu jab**



Flu  **mmunisation**

Helping to protect you against flu

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