Have your free NHS flu vaccines to help you stay well this winter



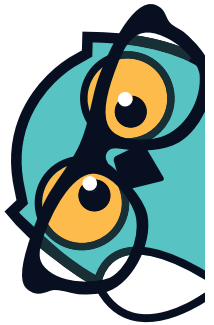
If you are experiencing homelessness and sleeping outside or staying in a homeless hostel or a night shelter, you are at higher risk from infections like flu.

Have your vaccines at a pharmacy, GP practice or from an outreach team who offer vaccinations.

BE WISE IMMUNISE

HERE TO HELP

A FREE flu vaccine is available



Flu vaccines are available between October and March. Flu starts to spread widely in December so it is best to have the vaccine as early as possible.

Vaccines help protect you from serious illness. Flu is much worse than a cold and can lead to serious chest infections or pneumonia.

Your GP practice can also help catch up on any other vaccines that you may need.

If you have any questions or concerns about getting a vaccine or about vaccine ingredients you can speak to a pharmacist or other health professional.

Your right to NHS treatment



- **everyone** in the UK can register with a GP
- no ID, proof of address or immigration status needed
- walk into a community pharmacy for your flu vaccine