

# BOOST YOUR IMMUNITY THIS WINTER

## WITH THE FLU VACCINE + COVID-19 BOOSTER

Flu and COVID-19 can both be life-threatening and spread more easily in winter. If you're 50 or over, you are eligible for a free flu vaccine and a COVID-19 booster.

**Get vaccinated. Get boosted. Get protected.**  
[nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)