

**Protect yourself and your loved ones from the** **flu, Covid-19, and Norovirus this winter**

As we approach the festive season and face colder winter weather, it’s important to prioritise the following measures that protect you and your families from the flu, Covid-19, and Norovirus**.**

***Are you to up to date with your vaccines?***

This winter, vaccinations are being offered free of charge to those most at risk of getting seriously ill from the flu and/or Covid-19.

To learn more about the **flu vaccine**, including who is eligible, how to book an appointment, and local pharmacy locations, please visit [www.nhs.uk/vaccinations/flu-vaccine](http://www.nhs.uk/vaccinations/flu-vaccine).

**NOTE**: If you are not eligible for the free flu vaccine, you can still get vaccinated. Please contact your local pharmacy directly for more information and be aware that there will most likely be a cost associated with this.

To learn more about the **Covid-19 vaccine**, including who is eligible, how to book an appointment, or walk-in vaccination sites, please visit [www.nhs.uk/vaccinations/covid-19-vaccine](http://www.nhs.uk/vaccinations/covid-19-vaccine). Keep in mind that you do not need to wait for an invitation before booking an appointment.

***Do you know how to stay safe from the winter vomiting bug?***

Norovirus, also called the "winter vomiting bug", is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant, but usually goes away in about 2 days.

To protect yourself and your loved ones from Norovirus this winter, make sure to

* Wash your hands frequently with soap and water. Alcohol hand gels do not kill norovirus!
* Stay off school or work until you have not been sick for 2 days
* Rest and have lots of fluids to avoid dehydration

To learn more about Norovirus, including when to seek advice or medical attention, please visit [www.nhs.uk/conditions/norovirus/](http://www.nhs.uk/conditions/norovirus/).