

STAY PROTECTED THIS WINTER

VACCINES FOR PEOPLE AGED 65 AND OVER

1 Get your **yearly** flu vaccine

- If you're 65 or older, you're at **higher risk** of severe flu.
- The **flu vaccine protects you from flu infections and severe illness.**
- The flu vaccine is **FREE** for those aged 65 years and over.

2 Stay up to date with COVID boosters

- **Regular COVID boosters** help prevent severe COVID.
- For those over 75 years, a **booster** can almost **halve your risk of dying** from COVID if received in the last six months.
- Most adults **aged 65 and over** should have a COVID booster at least **yearly**; and those **75 and over** every **6 months**.

Book now, get your COVID and flu vaccines at the same time.

COVID and flu vaccines are available through GPs and pharmacists, find one near you using the [Health Direct Service Finder](#).

