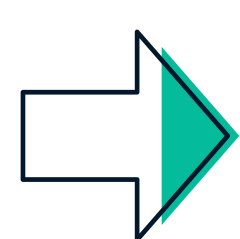


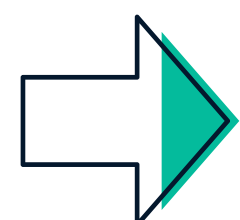
# What you need to know about COVID boosters and Flu vaccines!



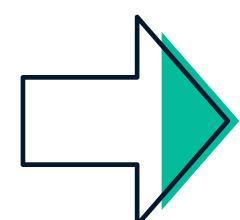
## COVID booster – what you need to know:



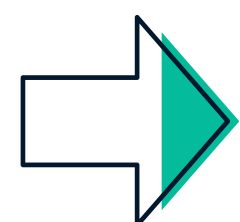
The **Pfizer jab** is recommended regardless of which vaccine you previously had



The booster should be given at least **6 months** after the second dose



The **AstraZeneca** may be considered for those who received it previously



Both Flu and COVID vaccines can be **co-administered** where needed.

## Why is the COVID booster important?

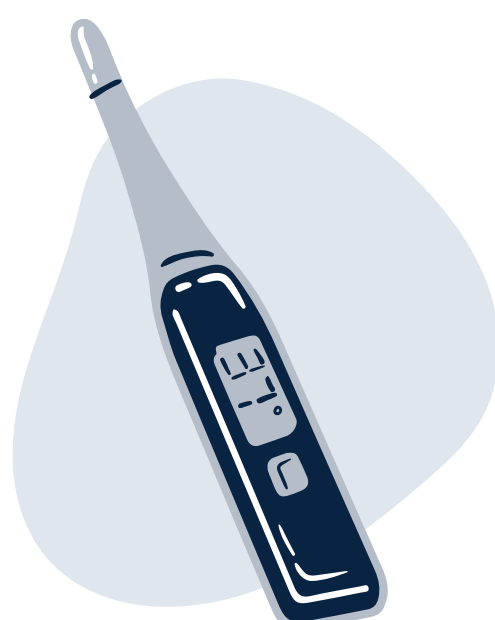
Early data from Public Health England suggested that the **protection provided** by vaccines against COVID **decreases gradually over time**

In order to maintain a **high level of protection**, the booster is **highly recommended**



## Flu...

- All frontline workers are also **now eligible for the flu vaccine** this year too.



## Boost your immunity this winter

If we all make every effort to take up the flu vaccine offer and the COVID booster, **we will protect ourselves, our colleagues and those in our care more effectively**. It will help us all to weather whatever storms may come our way.

SOURCE: SOCIALCARE.BLOG.GOV.UK  
SOURCE: NURSINGTIMES.NET