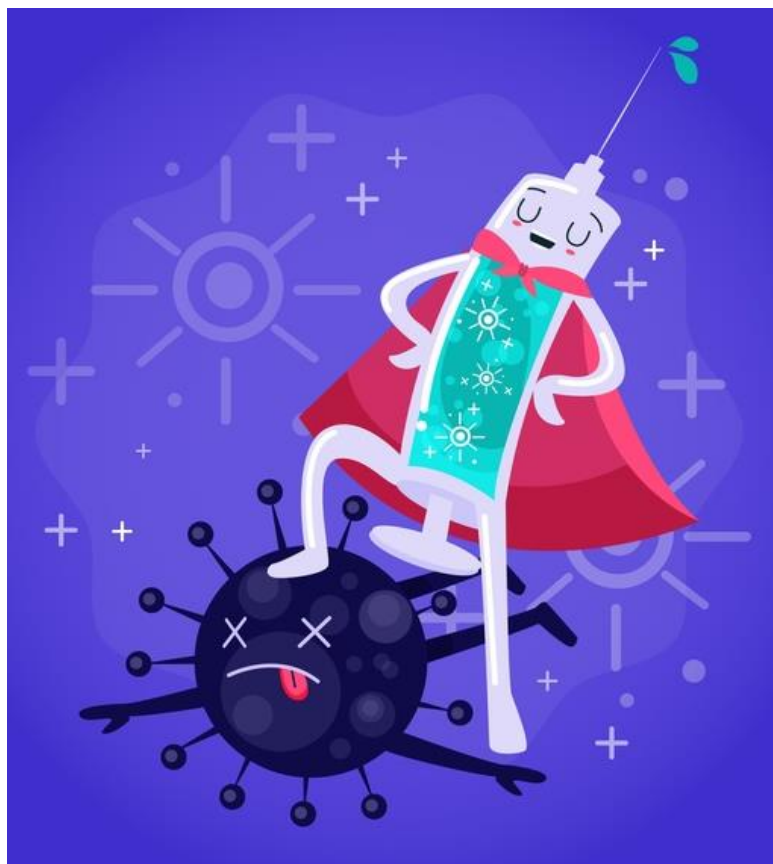


## Flu vaccine:

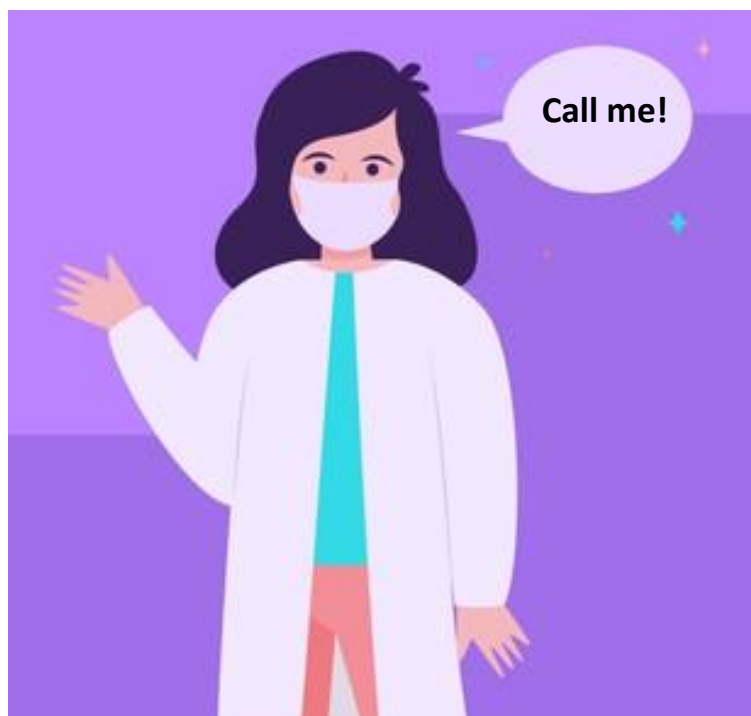
- **Who is eligible?**
- **How much does it cost?**
- **Why is it important?**
- **Does it protect you against covid?**
- **How do you know if you have covid or the flu?**



## Covid vaccine:

- What information would you like to know?
- How would you like to receive the info?
- Concerns?
- Anything else?

## Accessing services this Winter:



### **Monday – Friday**

GP – call your GP / visit their website

### **24/7 – especially good if your GP is closed or you need urgent help**

NHS 111 – call 111 / visit [www.111.nhs.uk](http://www.111.nhs.uk)

### **In an emergency**

Call 999 – if you feel your life is in danger

### **24/7 mental health support**

- CNWL single point of access 0800 0234 650
- Samaritans 116 123