

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. Check if you're eligible for a free flu vaccine or a Covid-19 booster, and if you are, book your appointment now.

Get vaccinated. Get boosted. Get protected.
nhs.uk/wintervaccinations

This winter use the right service



Self care

Care for yourself at home

Minor cuts and grazes
Minor bruises
Minor sprains
Coughs and colds



Pharmacy

Local expert advice

Minor illnesses
Headaches
Stomach upsets
Bites & stings



NHS 111

Non-emergency help

Feeling unwell?
Unsure?
Need help?
Call or go online



GP Advice

Care from the GP Team

Persistent symptoms
Chronic pain
Long term conditions
New prescriptions



Minor Injury Units and Urgent Treatment Centres

Breaks and sprains
Major cuts and grazes
Fever and rashes



www.nhs.uk/ mental-health

Mental health
support and advice



A&E or 999

For emergencies only

Choking
Chest pain
Blacking out
Serious blood loss

Your winter checklist

- Have my Covid-19 vaccination or booster
- Have my flu vaccination
- Download the NHS App on my phone
- Sign up for access to online GP services
- Order and collect repeat medicines
- Make sure there's enough food and medicine in the house
- Keep an eye on elderly neighbours and relatives

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Find out more at
www.bswccg.nhs.uk



NHS
Bath and North East Somerset,
Swindon and Wiltshire
Clinical Commissioning Group