

## The flu vaccine: your best shot at stopping the flu

Now we are in the flu season it is time to think about having the flu vaccination to protect yourself and others against a virus that can cause severe illness.

The flu vaccine is offered free on the NHS for people who are at risk. Find out who is eligible at [www.northlincs.gov.uk/winterhealth](http://www.northlincs.gov.uk/winterhealth).

Anyone working with elderly or vulnerable people should also get the flu vaccine to protect themselves, family, friends and the people they work with.

Don't delay – you need to get the vaccination every year.

Further information at <https://www.northlincs.gov.uk/its-not-too-early-to-plan-for-winter-protect-against-the-flu/>.

## There is also a vaccine to protect you from the pain of shingles

People become eligible for shingles vaccine as they turn 70 or 78 years, so those who are 70, 71, 72, 73, 74, 75 or 78 or 79 and have not yet had the shingles vaccine, can also have it now. See poster explaining eligibility at [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/828776/Shingles\\_Eligibility\\_poster\\_Sept2019.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/828776/Shingles_Eligibility_poster_Sept2019.pdf) ). They should contact their GP practice to discuss and arrange an appointment to have the vaccine. The older you are the more likely you are to have long lasting pain. Most people fully recover, but for some the pain can last months or even years. Around 1,400 people over the age of 70 are admitted to hospital because of shingles. To find out more about shingles visit: <https://www.gov.uk/government/publications/shingles-vaccination-for-adults-aged-70-or-79-years-of-age-a5-leaflet>