

Why should you still get the Flu Vaccine in January?

Winter has not ended yet

Getting the Flu vaccine is still worthwhile in January as winter does not end until March and even then the weather can still resemble winter for much longer. By getting the vaccine in January you can still help to save lives.

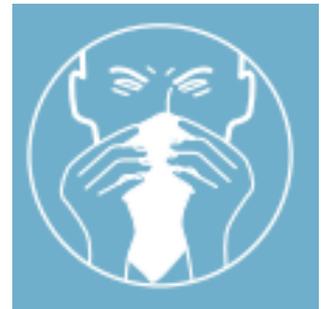
The Flu Vaccine is effective

The flu vaccination gives the best protection against the flu. Flu vaccines help protect against the main types of flu viruses and although there's still a chance you might get the flu, it's likely to be milder and not last as long. The flu vaccine will also stop you spreading flu to other people who may be at risk of serious problems from flu.



Reduces risk of having Flu and COVID-19 at the same time

If you get flu and the coronavirus at the same time, research shows that you are more likely to become seriously ill. If you've already had COVID-19, it is still safe to have the flu vaccine and it will be effective at helping prevent flu.



It helps reduce pressure on the NHS and Care Services

Getting the vaccine will help reduce pressure on the NHS and social care staff who may be dealing with. This is of particular importance given the spread of a more infectious variation of the virus in the U.K.



If staff in your home would like the vaccine, please contact Emma Bascombe by email: emma.bascombe@bradford.nhs.uk