## Are you looking after someone?



Don't forget to ensure you receive your free influenza vaccination this winter.

If you are caring for (unpaid) family or friends who have a disability, illness or need support in later life; then it's vitally important that you stay well this winter.

Ask at the pharmacy counter about how you can receive your free flu vaccination this year.

> This Carers Week we're coming together throughout the UK, drawing attention to how important caring is and helping carers to become healthy and connected.

> > PRIMARY SCHO

For more information visit carersweek.org

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