

if you **care** make sure they're **protected**



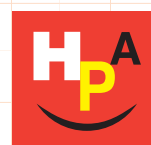
For their protection and yours Catch the vaccine not the flu

If you are the **main carer** for an elderly or disabled* person, protect them by ensuring they get the flu vaccination.

You should also seek advice from your GP surgery to find out if you should be vaccinated yourself, so that you can continue to provide care.

*If recommended

Produced by the Health Promotion Agency for Northern Ireland. Tel: 028 9031 1611 (voice/minicom). www.healthpromotionagency.org.uk



**Health
Promotion
Agency**