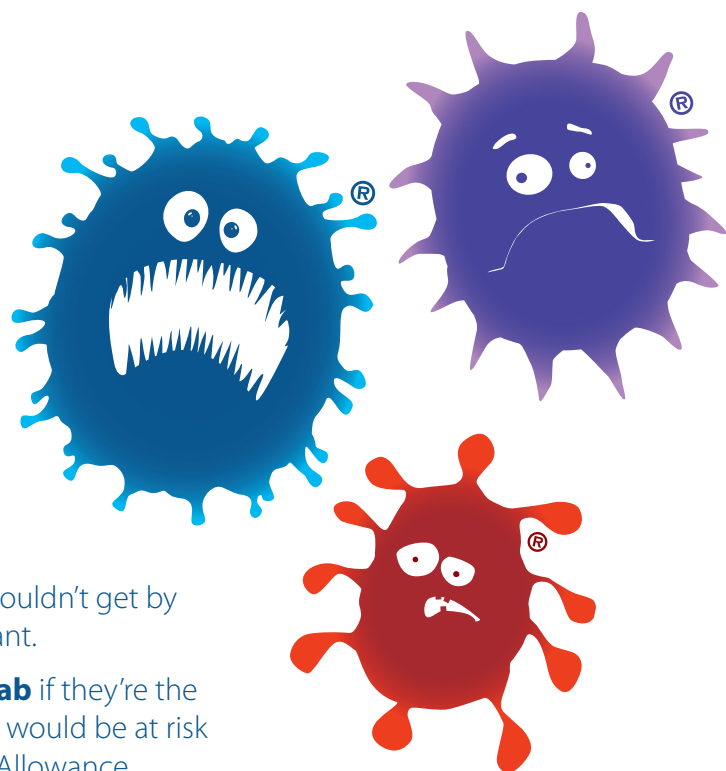


Looking after someone who can't get by without your help?



Help make yourself flu-proof this winter with a free NHS flu jab

When you're caring for a partner, relative or friend who couldn't get by without your help, keeping yourself well is really important.

That's why **unpaid carers are offered a free NHS flu jab** if they're the main carer of an older or disabled person whose welfare would be at risk if they were ill. This includes people who receive Carers Allowance.

Help protect yourself and the person you care for

As well as helping to protect you from the flu, having a flu vaccination makes it less likely that you'll pass the virus on to the person you care for. Not only could they be at increased risk of catching the flu because of their long-term condition or disability, they may also be more likely to develop complications and become seriously ill as a result.

If you're 65 or over, have a long-term condition such as asthma and diabetes or are pregnant, your GP practice will normally invite you to have a flu vaccination as a matter of routine. Even so, it's still worth letting your GP practice know that you're a carer.

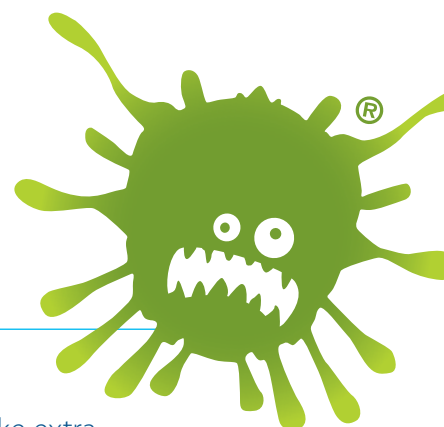
How to arrange to have a free NHS flu jab

- Let your GP practice know that you'd like a flu vaccination because you're someone's main carer and/or receive Carers Allowance and that the welfare of the person you care for would be at risk if you were ill.
- Ask your GP practice to make a note on your medical records that you look after someone so they can support you in your caring role and invite you to have a flu vaccination every year in future.
- Alternatively, ask your local pharmacy for a free NHS flu jab as many now offer this service and will liaise with your GP practice to let them know that you've been vaccinated.

Are you missing out on other benefits and services?

Did you know that, as an unpaid carer, you may be entitled to other benefits and services that could make life easier, both for you and the person you care for?

Find out more by calling Carers Trust on **0844 800 4361**, send an email to support@carers.org or visit Carers Trust's website at www.carers.org



Help spread the word!

Please pass this leaflet on to anyone you know who might find it useful. If you'd like extra copies, you can download and print the leaflet from the NHS Flu fighter web site by visiting www.nhsememployers.org/flu-fighters-carers