Getting your flu vaccine?

You can catch flu all year round, but it's especially common in winter. This year it maybe easier to catch flu because our immunity may be lower than usual.

The flu vaccine is the safest and most effective way to help protect against flu. It will also help reduce the risk of spreading flu to others.

Flu is a respiratory virus so it has similar symptoms to coronavirus and can make you very unwell.

The people most at risk from flu will be get their flu vaccine first.

NHS Scotland recommends you get the vaccine as soon as it is offered to you.

Covid-19 – Autumn/Winter Booster Programme

Winter vaccines can help protect you from flu and Covid-19.

NHS
Your Vaccine Appointment

It is your turn to have the vaccine for Covid-19

All people aged 65 or over should have received a scheduled appointment for Covid-19 and flu vaccinations by now.

If you have not yet received this, you can book an appointment online.

October

| | | 1 | 2 | 3 | 4 |
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

People aged 5 and over, who are at higher risk of coronavirus or flu due to an underlying health condition, should expect to receive an appointment letter for winter vaccines via post, email or text from now until the end of October.
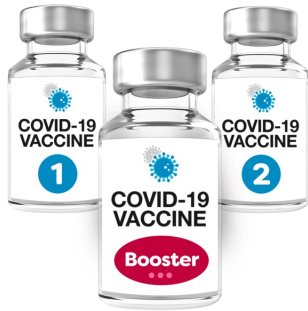
Those aged 50 to 64 with no additional risk factors, please wait to be contacted about your winter vaccination appointment

Click here to find out more about winter vaccines
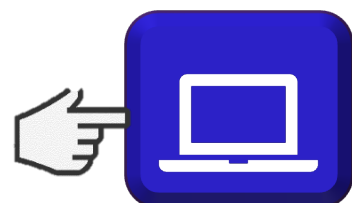
The vaccines are your best protection against coronavirus. NHS Scotland strongly recommends you get them.

How to get your Covid Vaccines

Click the button to see the list of Drop-in clinics

Click the blue button to book an appointment
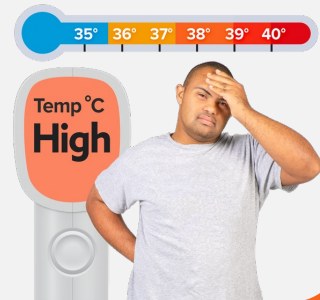
or call **0800 030 8013**

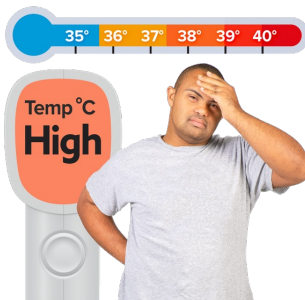# If you think you may have Covid

If have Covid Symptoms and a fever

Stay at home until you fell better and you do not have a fever

you do not need to have a PCR or LFT test

5 Days

You are unwell

Stay at home for minimum 5 days.

you do not need to have a PCR test

3 Days

For children and young people aged 18 and under who are unwell.

Stay at home for minimum 3 days.

you do not need to have a PCR test

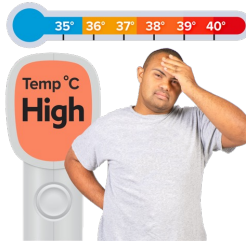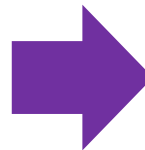**Stay at home until you feel better and not longer have a fever**

Stay at home and avoid contact with other people if you have:

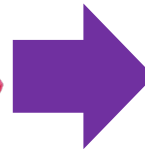| COVID Symptoms	&	High temperature	→	Stay home

COVID Symptoms	&	Feel unwell	→	Stay home

Speak to your GP if your symptoms worsen or if you are worried in anyway.

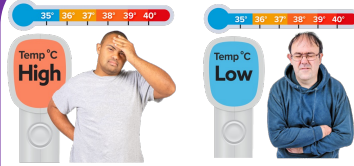**Stay at home until you feel better and not longer have a fever**

Symptoms of coronavirus, flu and common respiratory infections include:

|		
continuous cough	high temperature, fever or chills	loss of, or change in, your normal sense of taste or smell
Shortness of breath	Unexplained tiredness, lack of energy	Muscle aches or pains that are not due to exercise
Not wanting to eat or not feeling hungry	Headache that's unusual or longer lasting than usual	Sore throat, stuffy or runny nose
Diarrhoea	Feeling sick or being sick	Click here to visit the NHS website for more information
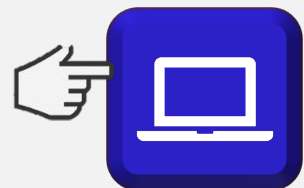
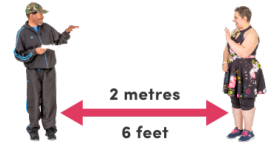**Stay at home until you feel better and not longer have a fever**

COVID Symptoms

Things to do when you are unwell with Covid:

Tell staff straight away so they can support you safely	You should stay at home for minimum 5 days	Try to stay 2 meters apart and for a short time if possible
Drink fluids like water to keep yourself hydrated	Get plenty of rest	Wear loose, comfortable clothing – don't try to make yourself too cold
If safe to do so take over-the-counter medications like paracetamol – always follow the manufacturer's instructions	Call your GP or NHS 24 if symptoms get worse	Wash hands regularly and for 20 seconds
Clean surfaces often during the day, ask staff about the best products to use	Sleep alone and open windows where safe to do so.	Order essential items online or dropped to your door by friends or family

Stay at home until you feel better and no longer have a fever