

# 5 BENEFITS OF FLU VACCINATIONS

## 3. Reduce the burden on the NHS

By being vaccinated you will help reduce the number of people that need to use the NHS this winter.

## 2. Protect those around you

Being vaccinated will also help stop flu spreading and infecting children and other vulnerable people.

## 4. Reduce absenteeism

This reduces the pressure on your colleagues from having to cover for you.

## 1. Protect yourself

Symptoms of Influenza can vary from person to person and in the most serious cases it can lead to hospitalisation.

## 5. There is no cost to you

That's right, we're picking up the bill as we believe it's a valuable benefit to you and the business.



**Hands up for a flu jab?**