

# Got your medications, don't forget your vaccinations!

We want to make sure you are protected throughout your life. So here is a guide to help you keep up to date with your free vaccinations. To get any of these, talk to your GP or pharmacist.

	Flu & Covid vaccinations or boosters	Pneumococcal vaccine (PPV)	Shingles vaccine
Over 50?	✓		
Over 65?	✓	✓	
Between 70 to 79?	✓	✓	✓

Vaccines help your body to fight infections. They help to protect you, without you having to experience a possibly harmful illness.

If you have any questions about any of the vaccines do talk to a pharmacist or your GP.



## Did you know 1 in 8 adults in the UK are carers?

If you support someone living with:

- Frailty
- Disability
- Mental ill-health
- Addiction
- A serious health condition

And they wouldn't be able to manage on their own without your help, **please register with your local GP surgery as a carer.**

Once you have registered with your local surgery, they can provide you with the support you need to manage your caring responsibilities. They can also tell you about other services that will help unpaid carers in Derbyshire and Derby City.

