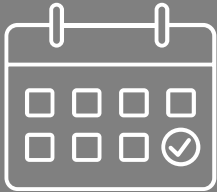


# How do I protect myself and those I care for this winter?



## GET TESTED

Weekly COVID-19 testing is now available for all care home workers. Have you had your test this week?



## HAVE YOUR FLU JAB

All care workers can get a **free** flu vaccination. Ask your employer or visit your GP or local pharmacy.



## WEAR YOUR PPE

Follow Public Health England guidance on PPE. This protects you, your family and those you are caring for.