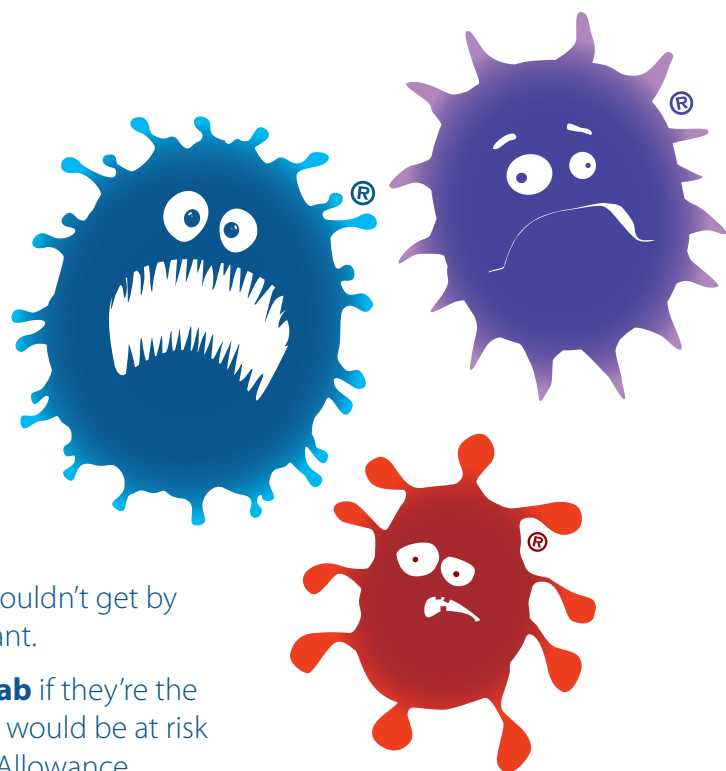


# Looking after someone who can't get by without your help?



## Aim to be 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

The flu jab helps to protect you from catching flu and it also reduces the risk of you passing the virus on to the person you care for. There is an increased risk of them catching the flu because of their long-term condition or disability, and they could 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. Even so, it's still worth letting your GP practice know that you're a carer.

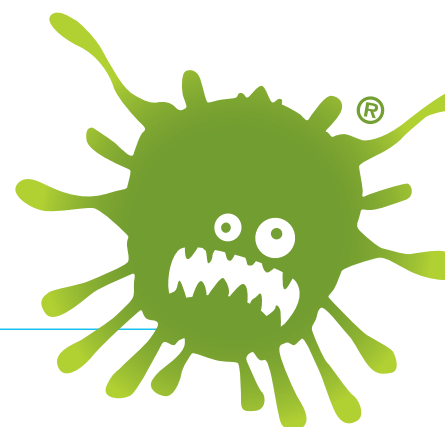
### How to arrange a free NHS flu jab

- Let your GP practice know that you'd like a flu jab 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.
- Or ask your local pharmacy for a free NHS flu jab as many now offer this service and will talk to your GP practice to let them know you've been vaccinated.

### Are you missing out on other benefits and services?

As an unpaid carer, you may be entitled to other benefits and services that could make life easier 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](mailto:support@carers.org) or visit Carers Trust's website at [www.carers.org](http://www.carers.org)



### Help spread the word!

Please pass this leaflet on to anyone who might find it useful. If you'd like extra copies, you can download and print the leaflet from the [NHS flu fighter website](http://www.nhs.uk/flu-fighter).