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| **Three reasons why the person who cares for you should have a flu jab, even if they are fit and well**  **1.** Unlike a cold, flu forces most people to take to their bed for several days, which may then make it difficult for them to take care of you.  **2.** Flu often strikes without warning. It could leave your carer with little time to ask someone else to look after you until they get better.  **3.** If your carer doesn’t have a flu jab, there’s an increased risk that they could pass the virus onto you, even if they don’t have any symptoms.  **This free service is funded by NHS England.** |  | **Three reasons why the person who cares for you should have a flu jab, even if they are fit and well**  **1.** Unlike a cold, flu forces most people to take to their bed for several days, which may then make it difficult for them to take care of you.  **2.** Flu often strikes without warning. It could leave your carer with little time to ask someone else to look after you until they get better.  **3.** If your carer doesn’t have a flu jab, there’s an increased risk that they could pass the virus onto you, even if they don’t have any symptoms.  **This free service is funded by NHS England.** |
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