# Protect yourself this January

Free Covid-19 and Flu vaccines are available for eligible residents in Waltham Forest

### Get vaccinated at one of our walk-in clinics:

- Mon 15 January, 11.30am 3.30pm Lea Bridge Library, Leyton
- Tue 16 January, 9am 1pm Holy Trinity Church, Leytonstone
- Wed 17 January, 10am 2pm Hale End Library, Highams Park
- Thu 18 January, 11.30am 2.30pm Lea Bridge Library, Leyton
- Fri 19 January, 11.30am 2.30pm Mornington Hall, Chingford
- Mon 22 January, 10am 2pm Walthamstow Library

- Tue 23 January, 11am 3pm Cornerstone Church, Leyton
- Thu 25 January, 1.30pm 5.30pm Leytonstone Library
- Fri 26 January, 11.30 am 2.30pm Mornington Hall, Chingford
- Sat 27 January, 1.30pm 5.30pm Wood Street Library, Walthamstow
- Tue 30 January, 1.30pm 5.30pm Waltham Forest Community Hub, Walthamstow





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Find your nearest clinic and get more info about Covid-19 at walthamforest.gov.uk/covid-vax



# Protect yourself this winter

The free Covid-19 booster vaccine and the free seasonal flu jab are the most effective way to protect people over 65 and those who are clinically vulnerable from severe illness and hospitalisation if they catch Covid-19 or flu this winter.

## Who can get the vaccine?

You can get a free Covid-19 booster vaccine and a free flu jab if you are:

- aged 65 or over
- clinically vulnerable
- pregnant
- a frontline health or social care worker
- a carer
- living with someone with a weak immune system

# How can I get the vaccine?

If you're eligible, you can get a free Covid-19 booster vaccine and a free seasonal flu jab by turning up to any of the clinics listed on the front of the flyer. No need to book.

