

Get vaccinated, get protected.

Stay protected this spring

- The COVID booster jab helps protect you from the latest strains.
- In prisons, viruses spread more easily – like COVID or norovirus.
- Protection fades over time, so even if you've had vaccines or been ill before, you may still need a top-up.

What to do

- Ask the healthcare team if you can get the vaccines.
- The jabs are safe. Side effects are usually mild and go away in a few days.
- Getting vaccinated gives you the best chance to stay well this spring.

Stay strong this spring.
Speak to your healthcare team.

