

Free Flu Vaccination

Network Rail, in collaboration with Boots and Optima Health, are delighted to offer all colleagues a free flu vaccination



- The flu is highly contagious , the best way to avoid spreading the virus is to get vaccinated
- Stay at home if you have flu symptoms
- It takes at least 15 seconds to wash your hands properly
- Use a tissue to cough and sneeze into when possible
- The flu virus can live outside the human body for a number of hours, dispose of used tissues as soon as possible and wash your hands.



**For information on how to get your free vaccination,
speak to your line manager or visit:**

<https://networkrail.sharepoint.com/sites/myconnect/ste/Pages/Flu.aspx>