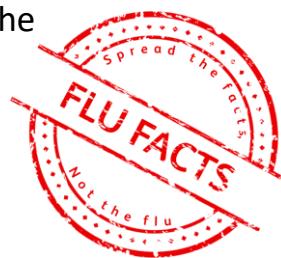


Free Flu Vaccination

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>