



# Important health news about Covid

There is a new form of Covid that looks like it can spread more easily. It is likely to infect more people, more quickly. Vaccinations can protect you and your family and save lives.



- Please have a Covid jab if you are offered it by the NHS or your Doctor.
- You should have the jab even if you have had Covid or Covid jabs before – protection wears off over time, it needs topping up.

## You may also be offered a Flu jab

- Flu and Covid are more common at this time of year. You can catch both at the same time.
- The jabs **do not** have pork or animal products in them.
- The jabs **do not** cause autism, change your DNA or give you a virus.
- Sometimes you can feel ill the day after having jabs. Resting, drinking water and taking paracetamol all help.

[More information at manchester.gov.uk/covidjab](https://manchester.gov.uk/covidjab)

If you are having problems with money, housing, heating or food, contact our helpline.

Phone: 0800 023 2692