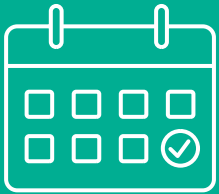


How do I protect myself and those I care for this winter?



GET TESTED

Weekly COVID-19 testing is now available for all care home workers. Have you had your test this week?



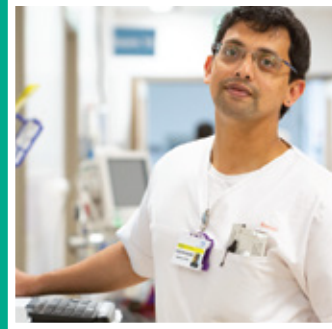
HAVE YOUR FLU JAB

All care workers can get a free flu vaccination. Ask your employer or visit your GP or local pharmacy.



WEAR YOUR PPE

Follow Public Health England guidance on PPE. This protects you, your family and those you are caring for.



Your wellbeing matters

If you've had a tough day, are feeling worried or overwhelmed, or just have a lot on your mind, support is available for **everyone** working in adult social care.

Visit the CARE Workforce app for guidance and support, including **free access** to wellbeing resources and apps, including Sleepio, Silvercloud and Daylight.

Call Samaritans' free dedicated health and social care worker helpline on **0800 069 6222** for confidential, non-judgmental listening and support from trained volunteers. The helpline is available from 7am to 11pm, seven days a week.

Call the Hospice UK bereavement line on **0300 303 4434**.

Text 'Frontline' to **85258** to start a conversation with Shout's messaging support service.

Search 'CARE Workforce' on your app store, scan a QR code, or visit **workforce.adultsocialcare.uk**

