Our Healthier South East London
Integrated Care System

NHS

BOOST YOUR IMMUNITY THIS WINTER

Having your Covid-19 and flu vaccinations is the most important thing you can do to protect yourself and your loved ones this winter. More people are likely to get flu this winter as fewer people will have built up natural immunity and if you get flu and COVID-19 at the same time, you're more likely to be seriously ill. The NHS across South East London is urging residents to stay safe and join the thousands who are already vaccinated.

COVID-19 VACCINATION

12-15: Most 12-15 year-olds will get their vaccine at school. They can also make an appointment at a vaccination centre through the national booking service, and can attend some walk-in clinics. Those with some health conditions will be contacted by their GP or specialist.

16+: If you are aged 16 or over you can choose to get your vaccine at a walk-in clinic without an appointment, through your GP or by using the national booking service. You don't need parental consent.

BOOSTER VACCINE:

You can get a booster vaccine if your second dose was at least three months ago and you are:

- Aged 18 years or over
- Aged 16 + with underlying health conditions that put you at higher risk of severe COVID-19.

You will be invited for a booster based on priority and the date of your second dose.

New age groups may become eligible. Please check the latest advice at www.nhs.uk/wintervaccinations

THIRD PRIMARY DOSE:

If you're over 12 and had a severely weakened immune system at the time of your 1st or 2nd dose, you will be offered a 3rd dose of the vaccine usually around 8 weeks after your 2nd dose.

You can get your 3rd primary dose at a hospital service, GP or participating pharmacy. A healthcare professional will advise if you're eligible and the best time for you to have it.

More information or worried you've missed your jab?
www.selondonccg.nhs.uk/covid19vaccine
www.nhs.uk/covid-vaccination

Our Healthier South East London
Integrated Care System

NHS

BOOST YOUR IMMUNITY THIS WINTER

The flu vaccine is a safe and effective vaccine. It's offered every year on the NHS to help protect people at risk of getting seriously ill from flu. If you've had COVID-19, it's safe to have the flu vaccine. It will still be effective at helping to prevent flu. Some people may be eligible for both the flu and the COVID-19 booster vaccines. If you are offered both vaccines, it's safe to have them at the same time.

FLU VACCINATION

ADULTS

The flu vaccine is given free on the NHS to adults who:

- are 50 and over
  (including those who'll be 50 by 31 March 2022)

- have certain health conditions

- are pregnant

- are in long-stay residential care

- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick

- live with someone who is more likely to get infections

- are a frontline health or social care worker

Adults can have the NHS flu vaccine at your GP surgery, a pharmacy offering the service, your midwifery service if you're pregnant or at a hospital appointment.

CHILDREN

Children can catch and spread flu easily. Vaccinating them also protects others who are vulnerable to flu, such as babies and older people. The nasal spray flu vaccination is available free on the NHS for:

- Children aged 2 or 3 years on 31 August 2021 – born between 1 September 2017 and 31 August 2019

- all primary school children (reception to year 6)

- all year 7 to year 11 children in secondary school

- children aged 2 to 17 years with long-term health conditions

Children aged between 6 months and 2 years with a long-term health condition that makes them at higher risk from flu will be offered a flu vaccine injection instead of the nasal spray.

Children may have their flu vaccination through their GP practice or community clinic or though their school vaccination service.

More information or worried you've missed your jab?
www.nhs.uk/wintervaccinations