

*Rather than wait to become poorly, you can help yourself by getting a vaccination when invited to do so.*

*The following are available through the practice, but please check the guidance on the gov.uk website as well, because they might also be provided elsewhere.*

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| Flu vaccinesFlu vaccine - NHS (www.nhs.uk) | The flu vaccine is recommended for people at higher risk of getting seriously ill from [flu](https://www.nhs.uk/conditions/flu/). It is offered on the NHS every year in autumn or early winter, but you can get it later. You can get the free NHS flu vaccine if you:* are aged sixty-five or over (including if you will be sixty-five by 31 March 2024)
* have certain long-term health conditions.
* are pregnant.
* live in a care home.
* is the main carer for an older or disabled person, or receive a carer's allowance?
* live with someone who has a weakened immune system.

Frontline health and social care workers can also get a flu vaccine through their employer. | If you are eligible for an NHS flu vaccine, you can:* contact your GP surgery who can book an appointment. (If they have appointments available).
* [find a pharmacy that offers NHS flu vaccination](https://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/pharmacy-nhs-flu-vaccine-service/) (if you are aged eighteen or over)
* [book a flu vaccination appointment online](https://www.nhs.uk/conditions/vaccinations/book-flu-vaccination/) or in the [NHS App](https://www.nhs.uk/nhs-app/) (if you are aged eighteen or over)
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| Pneumococcal vaccinesPneumococcal vaccine - NHS (www.nhs.uk) | The pneumococcal vaccine helps protect against serious illnesses like pneumonia and meningitis. It is recommended for people at higher risk of these illnesses, such as babies and adults aged sixty-five and over.**What the pneumococcal vaccine is for**The pneumococcal vaccine helps protect against some types of bacterial infections that can cause serious illnesses like:* [meningitis](https://www.nhs.uk/conditions/meningitis/) (an infection in the brain and spinal cord)
* [sepsis](https://www.nhs.uk/conditions/sepsis/) (a life-threatening reaction to an infection)
* [pneumonia](https://www.nhs.uk/conditions/pneumonia/) (an infection in the lungs).

It can also help protect against other illnesses such as sinusitis and ear infections.The pneumococcal vaccine is recommended for babies, older people, and people at higher risk of getting seriously ill from pneumococcal infections. | Your GP surgery will usually contact you if you or your child are eligible for the pneumococcal vaccine. This will usually be by letter, text, phone call or email.If you are a welder or metal worker, speak to your employer about getting the vaccine.Speak to your GP surgery if:* you have not been contacted to get the pneumococcal vaccine, but you think you or your child are eligible.
* you or your child have missed your pneumococcal vaccinations, or you are not sure if you have been vaccinated.

Your GP surgery can book an appointment. (When they have appointments available).  |
| Shingle vaccinations[Shingles vaccine - NHS (www.nhs.uk)](https://www.nhs.uk/conditions/vaccinations/shingles-vaccination/) | The shingles vaccine helps protect against shingles. It is recommended for people at higher risk from shingles, including all adults turning sixty-five, those aged 70 to 79 and those aged fifty and over with a severely weakened immune system.[Shingles](https://www.nhs.uk/conditions/shingles/) is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.You are more likely to get shingles, and it is more likely to cause serious problems, as you get older or if you have a severely weakened immune system.The shingles vaccine helps:* reduce your chances of getting shingles.
* reduce your chances of getting serious problems if you do get shingles
 | Your GP surgery will usually contact you when you become eligible for the shingles vaccine. This will usually be by letter, text message, phone, or email.Sometimes you might be offered the vaccine during a GP appointment you are having for another reason.Speak to your GP surgery if:* you think you are eligible for the shingles vaccine, but you have not been contacted.
* you did not have the vaccine when you were contacted, and you are still under 80 (only people with a severely weakened immune system can get the vaccine after 80 years of age).

Your GP surgery can book an appointment. (When they have appointments available). |
| Covid vaccinations [Getting a COVID-19 vaccine - NHS (www.nhs.uk)](https://www.nhs.uk/conditions/covid-19/covid-19-vaccination/getting-a-covid-19-vaccine/) | COVID-19 vaccination is an important part of protecting yourself if you are at increased risk from severe COVID-19.You or your child may be offered a seasonal COVID-19 vaccine if you are:* aged 65 years old or over (you need to be 65 years old by 31 March 2024)
* aged 6 months to 64 years old and are at increased risk.
* living in a care home for older adults
* a frontline health or social care worker
* aged 16 to 64 years old and are a carer.
* aged 12 to 64 years old and live with someone with a weakened immune system.
 | If you are eligible, you can get a seasonal COVID-19 vaccine by booking online on the NHS App or by going to a walk-in COVID-19 vaccination site.You may be contacted by a local NHS service, such as your GP surgery, to get a vaccine for you or your child. This is usually done by text or a phone call, but you may sometimes get a letter or a notification in the NHS App.If you live in a care home and you are eligible, staff at your care home will arrange your vaccination for you.You will only be offered this in a combination with flu vaccination.  |