



This is an easy read document about winter vaccinations.



You might need to ask someone to help you read this booklet.



Every year people get flu and COVID-19 in winter. COVID-19 and flu can make you feel very poorly.



Vaccinations can help you stay well this winter and protect you from COVID-19 and flu. A vaccination is sometimes called an injection or jab.



Vaccinations can stop you from getting very poorly.



Vaccinations can also stop the people around you from getting very poorly too.



If you are worried about getting a vaccination or have any questions contact your GP practice. They will help you.



The COVID-19 and flu vaccinations have been tested and are safe.



Who can get the free vaccinations? Winter vaccinations are given to people who are most likely to get poorly from COVID-19 and flu.



You can get the free NHS flu vaccine if you:

- are 65 or over
 - are between the ages of 6 months and 64 years old with certain long-term health conditions
 - are pregnant
 - live in a care home
 - are a carer
 - live with someone who has a weakened immune system
 - are a health and social care worker
 - are aged 2 – 3 years
- are a child in primary or secondary school



You can get the free NHS COVID-19 vaccine if you:

- are 65 or over
- are pregnant
- are between the ages of 6 months and 64 years old with certain long-term health conditions
- live in a care home for older adults

To find out more about long term conditions and who can have a winter vaccination visit

www.gmintegratedcare.org.uk/winter-vacccs-ltc or scan the QR code



Where can I get my vaccinations?



You can have your flu jab at:

- your GP practice
- a pharmacy
- a midwife appointment if you are pregnant



You can have your COVID -19 vaccination at

- a pharmacy
- some GP practices (it is best to check if your GP practice has the COVID-19 vaccination)
- a midwife appointment if you are pregnant



You can book an appointment that's right for you by calling the Care Gateway on 0161 947 0770 or 0800 092 4020. You can also find out more about winter vaccinations by scanning the QR code or by searching NHS GM Winter Vax online.