



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. Vaccinations help to protect you from COVID-19, flu and respiratory syncytial virus (RSV).

RSV is a common cause of coughs and colds. It can sometimes be serious for babies and older adults.

A vaccination is sometimes called an injection or jab.



Vaccinations can stop you from getting very poorly.



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



If you are worried about getting a vaccination or have any questions ask your doctors. They will help you.



The COVID-19, flu and RSV 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 very poorly from COVID-19, flu and RSV.

People who can have the free flu vaccination:



- Pregnant people
- Children aged 2-3 years
- Children at school
- Adults aged 65 years or older
- Children and adults with certain health conditions
- People who live in a care home for older adults
- Carers
- People who live with someone who has a weakened immune system



People who can have the free RSV vaccination:

- Pregnant people, from 28 weeks
- Adults aged 75 to 79

People who can have the free COVID-19 vaccination:

- Adults aged 75 years or older
- People who live in a care home for older adults
- People aged 6 months and over with a weakened immune system



Your immune system protects your body against viruses like COVID-19, flu, and RSV.

Sometimes a person's immune system can struggle to protect their body. This can be because of a health condition, medicine, or medical treatment.



Where can I get my vaccinations?



You can have your flu vaccination at:

- Your doctors
- A pharmacy
- A midwife appointment if you are pregnant
- Children can get their vaccine at school



You can have your RSV vaccine at:

- Your doctors
- Some pharmacies
- A midwife appointment if you are pregnant



You can have your COVID-19 vaccine at:

- Vaccine clinics
- Some pharmacies



You can book a COVID-19 vaccination appointment by calling **119**. Or you can ask someone to help you book a COVID-19 appointment online:

www.nhs.uk/get-vaccination

To find a walk-in clinic with no appointment needed search '**NHS Winter vaccinations**'.