

Where to get your vaccinations

Flu

Flu vaccinations start on 1st September for children and pregnant people. For older adults and for other adults the programme begins on 1st October. You can get your flu vaccine:

- From your GP practice
- At participating pharmacies (for those aged 18 or over).

Flu vaccines may also be available through your maternity service, care home, school or employer (for frontline health or social care workers).

COVID-19

COVID-19 vaccinations start on 1st October. You can get your vaccine:

- by booking online at the National Booking Service (NBS) www.nhs.uk/get-vaccination or through the NHS App
- by calling 119 for free. This service also includes textphone (18001 119) and BSL via SignVideo
- at a walk-in site (no appointment needed).
Search: 'NHS GM Winter vaccinations' to find a site near you
- at many community pharmacies that offer a walk-in service.

If you're housebound, your GP practice can help you arrange a home visit.

RSV

RSV vaccines are available year-round. If you're eligible, you can get your vaccine:

- If pregnant, from your maternity team, usually at your 28-week check-up.
- If you're 75-79 years, through your GP practice.



For more information about winter vaccinations search: NHS GM Winter vaccinations or visit

www.gmintegratedcare.org.uk/winter-vaccinations

If you would like this information in another format or translated into a different language, please email gmhscp.gm-campaigns@nhs.net.

All information is correct at the time of going to print, August 2025.



Keep well all winter

Vaccines are the best way to
keep you and your family safe

Keep **protected** this winter

We protect what matters every day.

Seatbelts, smoke alarms and bike helmets – these actions help keep us safe. Vaccination is just the same: a simple step to protect you and those you love from serious illness.



Thanks to vaccines, illnesses like smallpox and polio, once devastating, are now almost unheard of. Today, vaccines save millions of lives every year.

Vaccines aren't just for kids

Most of us know about the vaccinations children should have to keep them safe, but vaccines are just as important as we get older.

If you're eligible, you may be offered vaccines for shingles, RSV (a respiratory virus), and pneumococcal disease (which can lead to pneumonia). These vaccines are provided at certain ages or stages of life to help prevent serious illness.

If you're pregnant, there are specific vaccinations recommended to protect both you and your baby during pregnancy.

And each winter, many people are offered flu and COVID-19 vaccines to stay protected through the colder months.

How will I know when I can get my vaccines?

Your GP practice will let you know when it's time for your vaccine. You might hear from them via letter, text, phone or email. Sometimes they might offer it during an appointment if you're in for something else.

If you're pregnant, your maternity team will speak to you about the vaccines you need.

If your child is in primary or secondary school, they'll get their vaccines there. Parents or carers of younger children will be contacted by their GP practice.

Why winter vaccines matter

Winter viruses spread more easily in the colder months, especially as we spend more time indoors. These viruses can make you very unwell and even lead to serious health problems that may need hospital care.

Getting your vaccines each year helps top up your protection, even if you've had them before or have already been ill. That's because your immunity fades over time, and the viruses change each year.

By getting vaccinated, you're not only protecting yourself, but also the people you care about most.

Winter vaccinations (for those eligible)

Flu

- Pregnant people
- Children aged 2 or 3 years on or before 31 August 2025
- School children (Reception to Year 11)
- Children aged 6 months to 17 years with a long-term health condition*
- Adults aged 65 years and over
- Adults aged 18 years and over with a long-term health condition*
- People in care homes
- Carers and those that live with someone who has a weakened immune system

COVID-19

- Adults aged 75 years and over
- People in care homes for older adults
- People aged 6 months to 64 years with a weakened immune system*

RSV (Respiratory Syncytial Virus)

RSV is a common cause of coughs and colds especially in winter, but it can be serious for infants, the elderly and people with a weakened immune system or long-term lung or heart conditions.

Those eligible include:

- Adults aged 75 to 79 years
- People who are pregnant – the vaccine is recommended during every pregnancy (from 28 weeks onwards) to help protect your baby after they're born

*For a list of long-term health conditions related to each vaccination, or find out more search: NHS GM Winter vaccinations