

# ADULT VACCINATIONS



Getting vaccinated is a part of everyday life in the UK. Vaccines save millions of lives all over the world and diseases like smallpox and polio, which used to kill or disable millions of people, have now disappeared or are seen very rarely.

Most vaccines are given in childhood, but eligible adults are offered three routine vaccines once they reach a certain age. These are the **shingles**, **RSV** or **pneumococcal** vaccines. You may also be offered the seasonal **flu** and **Covid-19** vaccines every year.



## ROUTINE VACCINATIONS

VACCINE	WHO IS ELIGIBLE	DISEASES IT PROTECTS AGAINST
<b>Shingles</b>	<ul style="list-style-type: none"> <li>When you turn 65</li> <li>To anyone aged 70 to 79 who missed one at 65</li> <li>People aged 50 and over with a weakened immune system</li> </ul>	<b>Shingles</b>
<b>Pneumococcal</b>	<ul style="list-style-type: none"> <li>People aged 65 and over</li> <li>Adults at higher risk of becoming seriously ill</li> </ul>	<p><b>Meningitis</b> (an infection in the brain and spinal cord)</p> <p><b>Sepsis</b> (a life-threatening reaction to an infection).</p> <p><b>Pneumonia</b> (an infection in the lungs)</p>
<b>Respiratory Syncytial Virus (RSV)</b>	<ul style="list-style-type: none"> <li>People aged 75 to 79 years</li> <li>Pregnant women</li> </ul>	<b>Respiratory Syncytial Virus (RSV)</b> which can lead to severe infections like <b>pneumonia</b> and <b>bronchiolitis</b> .

## HOW TO GET ROUTINE VACCINATIONS

- Your GP surgery will usually contact you when you become eligible for the shingles, RSV or pneumococcal vaccine. This will usually be by letter, text message, phone or email.
- Sometimes you might be offered a vaccine during a GP appointment if you're there for another reason and your vaccine is due.
- If you are pregnant, you should be offered the RSV vaccine around the time of your 28-week antenatal appointment. Speak to your maternity service or GP surgery if you're 28 weeks pregnant or more and have not been offered the vaccine.

## SPEAK TO YOUR GP IF:

- you think you're eligible for the above vaccines, but you've not been contacted.
- you did not have the vaccine when you were contacted and you're still under 80 for shingles (only people with a severely weakened immune system can get the vaccine after 80 years of age). You can have pneumococcal at any age over 65 and RSV from 75.
- you've had the shingles vaccine before, but you now have a severely weakened immune system – depending on the type of shingles vaccine you had, you may need another shingles vaccine.
- you're due to have a vaccine and you're feeling unwell – you may need to wait until you're feeling better before having the vaccine.
- you need to change your vaccination appointment.

If you are a welder or metal worker, speak to your employer about getting the **pneumococcal** vaccine.



# SEASONAL VACCINATIONS

## Winter

Flu and Covid-19 can be life-threatening and spread more easily in winter when we are crowded together inside.

If you catch flu and Covid-19 at the same time, research shows you're more likely to be seriously ill. If you are eligible, getting vaccinated against flu

and Covid-19 will provide protection for you and those around you.

It is important to top up your protection, even if you have had a vaccine or been ill with flu or Covid-19 before, as immunity fades over time and these viruses can change each year.

## Who is eligible

### FLU VACCINE

- All adults aged **65 and over**
- People aged **6 months to 64** in a **clinical risk group**
- People who are **pregnant**
- People who live in a **care home**
- People who receive a **carer's allowance**, or are the **main carer** for an older or disabled person
- People who live with someone who has a **weakened immune system**

Find out more:

 [www.nhs.uk/flu vaccine](http://www.nhs.uk/flu vaccine)

### COVID-19 VACCINE

- All adults aged **65 and over**
- Residents living in a **care home for older adults**
- People aged **6 months to 64 years** in a **clinical risk group**, including people who are **pregnant**
- **Frontline** health and social care workers
- Staff working in **care homes for older adults**

Find out more:

 [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination)

## How to book

### FLU VACCINE

If you are eligible you can book a flu vaccine through:

- Your doctor's surgery
- Your local pharmacy
-  **The NHS App**
-  [www.nhs.uk/bookflu](http://www.nhs.uk/bookflu)

Many local pharmacies will offer a walk in service with no need to book.

For more information visit:

 [northeastlondon.icb.nhs.uk/vaccinations](http://northeastlondon.icb.nhs.uk/vaccinations)

### COVID-19 VACCINE

If you are eligible you can book a Covid-19 vaccine through:

- Your local pharmacy
-  **The NHS App**
-  [www.nhs.uk/bookcovid](http://www.nhs.uk/bookcovid)
-  **119**

Many local pharmacies will offer a walk in service with no need to book.