

Flu Vaccinations



This easy read tells you about flu vaccinations.



Flu vaccinations can **help keep your family safe from flu.**



Flu is not the same as a cold.



Flu can make people very ill. It can be especially dangerous for:



- Young children.



- Pregnant women.



- Newborn babies.



- People with some health conditions.



A flu vaccination can help protect you and your family.

Who can get a free flu vaccination?



From 1 September the NHS offers free flu vaccinations for:



- Pregnant women.



- Children aged 2 and 3 years.



- School-aged children.



- Children with some health conditions.

Flu vaccinations for children



Most children have the flu vaccine as a quick **nasal spray**. Nasal spray means a spray that goes up the nose.



A nasal spray does not hurt and is safe.



Pre-school children can have their vaccine at their GP surgery.



School-aged children can have their vaccine at school or a community clinic.

Flu vaccination in pregnancy



If you are pregnant, the flu vaccine can help stop you from getting very ill with flu.



It also helps protect your baby during their first few months of life, when flu can be very dangerous.



You can get your flu vaccination from your GP, pharmacist, or midwife.

Get protected



Getting vaccinated early can help keep you and your family well this winter.



For more information, [visit the NHS flu vaccination website](#)



or speak to your GP, pharmacist, or midwife.



Remember: A vaccination only takes a few minutes, but it can help protect you all winter.

Customer Service Centre



Our Customer Service Centre can answer most of your questions and help with information and form filling.



There are several ways to contact them, including:



Web: [Use our online contact form](#)



Telephone: 0300 500 80 80



Relay UK

Text Relay: 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



Sign Video

People who use British Sign Language to communicate can use [the SignVideo app](#) to speak with us.



Phone 0300 500 80 80 if you need the information in a different language or format.

Links in this document

Winter vaccinations and winter health – NHS website

nhs.uk/live-well/seasonal-health/keep-warm-keep-well/

Nottinghamshire County Council – contact us form

nottinghamshire.gov.uk/contactform

Relay UK app

relayuk.bt.com/how-to-use-relay-uk/download-app.html

SignVideo app

signvideo.co.uk/download

For the standard version of this information, go to:

[Winter vaccinations | Nottinghamshire County Council](#)

<https://www.nottinghamshire.gov.uk/care/adult-social-care/adult-social-care-hub/information-and-advice-to-keep-you-independent/stay-well-this-winter/flu-jab>

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