

Winter Vaccinations



This easy read tells you about winter vaccinations.



Stay well this winter - get your winter vaccinations.



Illnesses like flu and COVID-19 spread more easily in the winter.



These illnesses can make some people very unwell.



Getting vaccinated can help protect you.

Who can get a free NHS vaccination?



You may be able to get a free flu vaccination if you:



- Are aged 65 or over.



- Are pregnant.



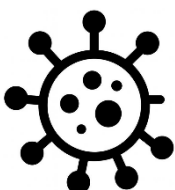
- Have a long-term health condition.



- Are a carer.



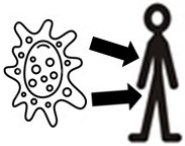
- Live in a care home.



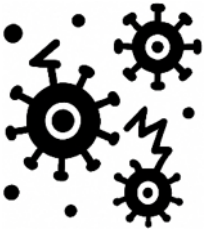
- Have a **weakened immune system**.



A weakened immune system may also be called being **immunosuppressed**, **immunocompromised**, or **immunodeficient**.



These words mean your body cannot stop infections as well as it should.



Some people can also have a COVID-19 vaccination.

Why get vaccinated?



A vaccination can help to:



- Stop you from getting seriously ill with flu or Covid-19.



- Make it less likely you will need to go to hospital because of these illnesses.



- Protect your family, friends and the people you care for.



- Help you stay well and enjoy winter.

When can I get vaccinated?



Flu vaccinations for **eligible** adults are available from 1 October.



Eligible means you are allowed to have a free vaccination.

What should I do next?



If you are eligible, look out for your NHS invitation.



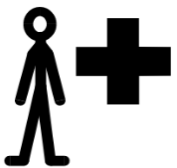
You can also speak to:



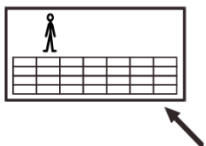
- Your GP practice.



- Staff at your pharmacy.



- Another healthcare professional.

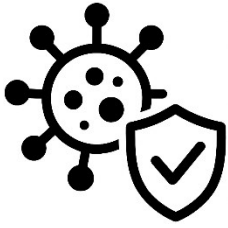


They can tell you how to book.

More information



Visit the [NHS website](https://www.nhs.uk) or speak to your GP practice or pharmacist.



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

NHS Website

nhs.uk/

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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