

Welcome to your spring vaccine newsletter

This newsletter brings together a range of helpful vaccine advice in one place.



Vaccines are available throughout different stages of our life. Most of the vaccines available have been around for a long time and are proven to give you and your loved ones the best protection in life. Through the NHS they are accessible, safe and free.

In this newsletter you will find useful information on:

- upcoming vaccines
- how to catch up with vaccines you may have missed
- childhood vaccine schedule

Spring Covid-19 vaccines

If you are immunosuppressed, +75, or an older adults care home resident, you may have received a letter from your GP inviting you to have your latest Covid-19 vaccine. If you haven't done so already, please book in for this. Having the vaccine reduces your risk of becoming unwell with Covid-19.

Vaccines for spring start on 22 April 2024.

For more information on how to book at your nearest location, scan the QR code or search NHS covid vaccine.



Flu

Flu vaccines are offered each year at the start of Winter to people at higher risk of getting seriously ill from flu. Protection from the flu vaccine goes down with time because flu viruses change so quickly. This means that last year's vaccine may not protect you from this year's viruses. New flu vaccines are released every year to keep up with changing flu viruses, this is why it's important to get the flu vaccine every year.

Childhood vaccines

Childhood illnesses like measles and whooping cough are rising. These illnesses can make children very sick, leading to hospital stays or lifelong problems.

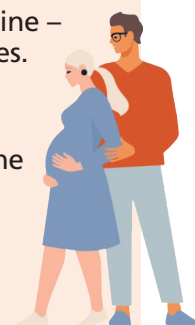
Check your child's red book or speak to your GP practice to see if they have missed any.

Vaccines in pregnancy

Whooping cough (pertussis) cases are rising and babies who are too young to start their vaccinations are at greatest risk. Babies and young children can be protected from this by the pertussis vaccine – given to pregnant women and also to babies.

If you are pregnant, you can help protect your baby by getting vaccinated – ideally from 16 weeks up to 32 weeks pregnant. The immunity you get from the vaccine passes to your baby through the placenta and protects them until they are old enough to be vaccinated at 8 weeks old.

You can access a whooping cough vaccine from your GP and through some antenatal clinics. You may be offered this at a routine appointment from around 16 weeks of your pregnancy. Speak to your GP or midwife for further information.



MMR

You can catch measles at any age. If you missed your MMR vaccine as a child, you should still get vaccinated to prevent further spread.

Measles, mumps, and rubella are highly infectious illnesses that can easily spread between unvaccinated people. The complications from these diseases can be life-changing. It's more important than ever to keep safe by getting vaccinated as cases of measles have risen across England in recent years.

The vaccine is available to children and adults who may have missed this. You can speak to your GP if you think you may have missed your vaccine.



Vaccines and when to have them:

The NHS website is your trusted source on all vaccinations and when you should have them. Scan the QR code or search NHS vaccines to find out more.





Your child's vaccine schedule



8 weeks

- 6-in-1 vaccine*
- Rotavirus vaccine*
- MenB vaccine*



12 weeks

- 6-in-1 vaccine**
- Pneumococcal vaccine*
- Rotavirus vaccine**



1 year

- Hib/MenC vaccine*
- MMR vaccine*
- Pneumococcal vaccine**
- MenB vaccine***



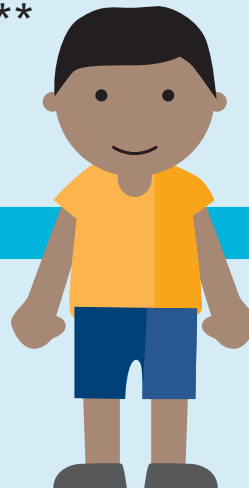
16 weeks

- 6-in-1 vaccine***
- MenB vaccine**



2+ years

- Children's flu vaccine (yearly)



3 years and 4 months

- MMR vaccine**
- 4-in-1 pre-school booster vaccine

*first dose **second dose ***third dose

6-in-1 protects against diphtheria, tetanus, whooping cough, polio, Hib and hepatitis B

4-in-1 protects against diphtheria, tetanus, whooping cough and polio

Follow your child's vaccine schedule to protect them against illnesses