



Welcome to your Winter health newsletter



This newsletter aims to keep you up to date with health information this winter.

You can find out about winter vaccines, and the range of NHS services available to you.

How do I get a vaccine?

- you can call your local GP or pharmacy
- you can also check, and book online by visiting the NHS website
- you can also scan the QR code to book directly



Flu vaccines

The flu virus changes every year, so the flu vaccine you had last year won't be effective.

You may also be at a higher risk of becoming unwell if you have a long term health condition.

If you are eligible, you can get your vaccine free of charge at your local GP surgery or pharmacy.



Covid vaccines

The Covid vaccines are offered because viruses change and protection fades over time.



The vaccine can help reduce the risk of becoming unwell with Covid.

If you are eligible, you can get your vaccine free of charge at your local GP surgery or pharmacy.

RSV - Respiratory Syncytial Virus vaccines

RSV is a common cause of respiratory tract infections, and the RSV vaccine can help protect babies and older adults becoming seriously ill.

You can get an RSV vaccine if you are:

- pregnant (from 28 weeks)
- aged 75, up to your 80th birthday

It is a one time vaccine.



Call your local GP to book at any time throughout the year.

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Think Which Service

The NHS in Derby and Derbyshire is calling on people to help reduce pressure on NHS services this winter by thinking which service they choose when unwell.

Remember, 999 and A&E are for an emergency, or life-threatening situations only.



Pharmacy First

Don't wait for minor health concerns to get worse – think pharmacy first and get seen by your local pharmacy team.

Pharmacies can help with a wide range of health needs, from offering expert advice and over-the-counter treatments to providing prescription medicines for specific conditions without a GP visit.

Community pharmacies also offer services like oral contraception, blood pressure checks, and safe disposal of old medicines.

Staying well this winter

As we head in to the winter season, don't forget to look out for those who might be lonely.

Checking in on older people to ensure they've got enough food and medicines can help them stay well this winter.

