

A guide to getting your

Flu vaccine

Flu vaccines help protect you and your community.

NHS

Derby and Derbyshire



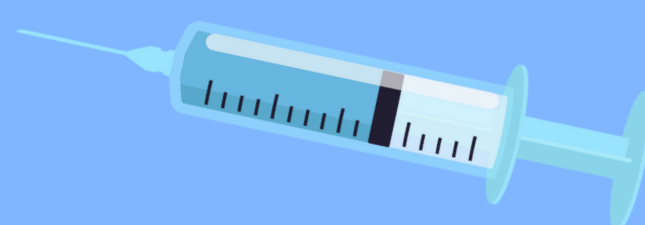
Who can get it?



You can get your flu vaccine if you are:

- pregnant
- a school aged child
- a child aged 2 or 3 years
- a child in a clinical risk group
- aged 65 years and over
- aged 18-65 and at risk
- a carer
- a close contact of someone with a weakened immune system
- a frontline health and social care worker
- an adult in a long-stay care home

Why do I need it?



Some people are at a higher risk of becoming unwell with flu.

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

How do I book it?



You can book online directly on the NHS website, or call your local GP.

The vaccine is free for eligible people, the NHS won't charge you.

Where will my appointment be?



Flu vaccines can take place at your local GP surgery or local pharmacy.

Side effects

The most common side effects of the flu vaccine are mild and get better within 1 to 2 days. They can include:

- pain or soreness where the injection was given
- a slightly raised temperature
- some aches and pains

The vaccine will not give you flu.



What is in my Flu vaccine?

Vaccines do not contain any ingredients that cause harm – only ingredients essential to making them safer and more effective and only in very small amounts.

Some Flu vaccines have egg protein in them. You can find the full ingredient list on the NHS website, or ask your GP or pharmacist if you are worried.



A guide to getting your Covid vaccine

Covid vaccines help protect you and your community.

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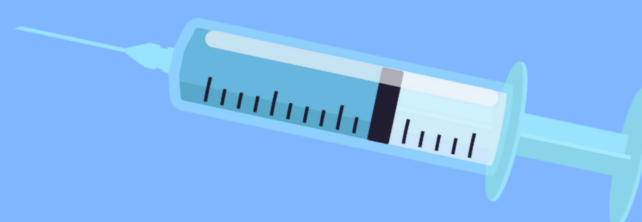
Who can get it?



You can get your Covid vaccine if you are:

- A resident in an older adults care home
- All adults aged 75 and over
- aged 6 months and over and immunosuppressed

Why do I need it?



Some people are at a higher risk of becoming unwell with Covid.

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

How do I book it?



You can book online directly on the NHS website, or call your local GP.

The vaccine is free for eligible people, the NHS won't charge you.

Where will my appointment be?



Covid vaccines can take place at your local GP surgery or local pharmacy.

Side effects

The most common side effects of the Covid vaccine are mild and get better within a week.

They can include:

- a sore arm from the injection
- feeling tired
- a headache
- feeling achy
- mild flu-like symptoms



If you get side effects, rest and take paracetamol to help you feel better.

What is in my Covid vaccine?

Vaccines do not contain any ingredients that cause harm – only ingredients essential to making them safer and more effective and only in very small amounts.



The Covid vaccines used by the NHS do not contain any animal products, including eggs.

A full list of ingredients can be found on the NHS website.

A guide to getting your RSV vaccine

Respiratory Syncytial Virus vaccines are free, and are safe. They help protect you and your community.

NHS

Derby and Derbyshire



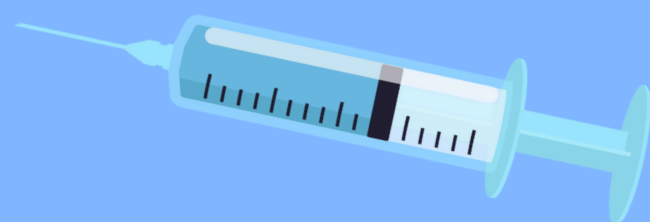
Who can get it?



You can get your RSV vaccine if you are:

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

Why do I need it?



The RSV vaccine protects older adults and, if you are pregnant, it helps protect your baby after birth.

Respiratory Syncytial Virus (RSV) is a common virus that can make babies and older adults seriously ill.

How do I book it?



You can book online for free, or call your GP or midwife.

If you are pregnant, you will be offered this vaccine from 28 weeks.

If you are aged 75 -79, you will only need one dose of this vaccine.

Where will my appointment be?



RSV vaccines can take place at your local GP surgery or through your local hospital maternity service.

Side effects

The most common side effects of the RSV vaccine are mild and do not last long.

They can include:

- swelling or pain where the injection was given
- a headache
- an aching body



Side effects are your bodies way of showing the vaccine is working.

What is in my RSV vaccine?

Vaccines do not contain any ingredients that cause harm – only ingredients essential to making them safer and more effective and only in very small amounts.



The RSV vaccines used by the NHS do not contain any animal products, including eggs.

A full list of ingredients can be found on the NHS website.