



### **Covid-19 Vaccinations Booster - Why You Are Being Offered a Covid-19- Booster**

Like some other vaccines, levels of protection may begin to wane over time. This booster dose will help extend the protection you gained from your first 2 doses and give you longer term protection.

The booster will help to reduce the risk of you needing admission to hospital due to COVID-19 infection this winter;

Booster vaccinations will be offered to;

- All adults aged 50 and over
- Those living in residential and social care workers and adult carer's
- Frontline health and social care workers, and adult carer's
- All those aged 16-49 with underlying health conditions that puts them at higher risk of severe Covid-19
- Adults who live with immunosuppressed people

To be eligible, individuals must also have received 2 doses of the Covid-19 vaccination at least 6 months ago. The Pfizer vaccine will be given in the booster programme, regardless of which vaccine someone received for their first 2 doses.

### **Timing Of Booster**

The booster is being offered at least 6 months after your last dose. Like your previous doses, the vaccine will be given in your upper arm.

Protection against severe disease from the first 2 doses seems to decline very slowly. So don't worry if your booster vaccine is given a few weeks after the 6 months time-point. The booster dose should help to extend your protection into the next year.

### **Which Vaccine Will You Be Offered**

You will be given a booster dose of either Pfizer or Moderna vaccine. These vaccines have already been given to millions of people in the UK.

AstraZeneca may be an option if this is the vaccine that you had for the first 2 doses.

You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.

### **Resources**

- Coronavirus vaccination on NHS.UK  
<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/>
- An information leaflet on what to expect after vaccination is available to download or order  
<https://www.gov.uk/government/publications/covid-19-vaccination-what-to-expect-after-vaccination>
- Product information leaflets for UK recipients of the Pfizer and Moderna vaccines for more details on your vaccine  
<https://coronavirus-yellowcard.mhra.gov.uk/productinformation>
- Yellow Card website  
<https://coronavirus-yellowcard.mhra.gov.uk/>

## **The Flu Vaccination Programme 2021-2022**

### **Which Adult Groups Will The Vaccine Will You Be Offered**

The flu vaccine is given free on the NHS to people who;

- Are 50 and over (including those who'll be 50 by 31 March 2022) Have certain health conditions
- Are pregnant
- Are in long-stay residential care
- Receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- Live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)
- Frontline health or social care workers

### **Where Can Adults Get The Flu Vaccine**

You can have the NHS flu vaccine at:

- Your GP surgery
- A pharmacy offering the service
- Your midwifery service if you're pregnant
- A hospital appointment

If you do not have your flu vaccine at your GP surgery, you do not have to tell the surgery. This will be done for you.

**If you receive a text or call, please book an appointment as soon as possible for your vaccination.**

### **At What Age Should Children Have The Nasal Spray Flu Vaccine?**

In the Autumn/winter of 2019/2020, the vaccine will be available free on the NHS for eligible children, including:

- Children aged 2 and 3 on 31 August 2021 - born between 1st September 2017 and 31st August 2019
- Children in primary school (reception to year 6)
- All year 7 to year 11 children in secondary school
- Children aged 2 to 17 years with long term health conditions

If your child is aged between 6 months and 2 years and has a long-term health condition that makes them at higher risk from flu, they'll be offered a flu vaccine injection instead of the nasal spray.

This is because the nasal spray is not licensed for children under 2 years.

The nasal spray vaccine offers the best protection for children aged 2 to 17 years. They will be offered the flu vaccine injection if the nasal spray vaccine is not suitable for them.

<b>Children's Age</b>	<b>Where To Have Flu Vaccine</b>
From 6 months until 2 years (with long-term condition)	GP surgery
From 2 years until child starts primary school	GP surgery
All children at primary school	School
Year 7 to year 11 secondary school children	School
Children in reception to year 11 (with long-term condition)	School or GP surgery
Home-schooled children (same ages as reception to year 11)	Community clinic

**If you receive a text or call, please book an appointment as soon as possible for your child's vaccination.**

## Resources

- Personal health budgets  
<https://www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/personal-budgets/>
- Yellow Card Scheme  
<https://yellowcard.mhra.gov.uk/>
- GOV.UK: flu vaccination: who should have it this winter and why (including how to request an accessible version)  
<https://www.gov.uk/government/publications/flu-vaccination-who-should-have-it-this-winter-and-why>
- GOV.UK: flu vaccination easy read guides  
<https://www.gov.uk/government/publications/flu-leaflet-for-people-with-learning-disability>
- YouTube: flu vaccination British Sign Language (BSL) video  
[https://www.youtube.com/watch?v=8MFGn3t\\_mPo&feature=youtu.be](https://www.youtube.com/watch?v=8MFGn3t_mPo&feature=youtu.be)
- GOV.UK: flu vaccination for children: leaflets and posters (including information in alternative languages and formats)  
<https://www.gov.uk/government/publications/flu-vaccination-leaflets-and-posters>
- YouTube: protecting your child from flu British Sign Language (BSL) video  
<https://www.youtube.com/watch?v=5VdNWDBnL-Y&feature=youtu.be>

## International Travel

The current traffic light system has been replaced by a single red list of countries and territories which will continue to be crucial in order to protect public health. Testing requirements has been reduced for eligible fully vaccinated travellers, who will no longer need to take a PDT when travelling to England.

Eligible fully vaccinated passengers and those with an approved vaccine from a select group of non-red countries will be able to replace their day 2 test with a cheaper lateral flow test, reducing the cost of tests on arrival into England.

Anyone testing positive will need to isolate and take a confirmatory PCR test, at no additional cost to the traveller, which would be genomically sequenced to help identify new variants.

Testing for unvaccinated passengers from non-red countries will include pre-departure tests, day 2 and day 8 PCR tests. Test to release remains an option to reduce self-isolation period.

England will welcome fully vaccinated travellers from a host of new countries – who will be treated like returning fully vaccinated UK travellers.

Passengers who aren't recognised as being fully vaccinated with authorised vaccines and certificates under England's international travel rules, will still have to take a pre-departure test, a day 2 and day 8 PCR test and self-isolate for 10 days upon their return from a non-red list country under the new two-tiered travel programme. Test to Release will remain an option for unvaccinated passengers who wish to shorten their isolation period.

All passengers will still need to fill in a passenger locator form ahead of travel. Passengers should continue to check GOV.UK travel guidance including FCDO travel advice before, during and after travel to keep up to date in entry requirements and ensure compliance with the latest COVID-19 and non-COVID-19 regulations for the country being visited.

### **Travelling to England from a red list listed country**

Before you travel to England (not fully vaccinated) you must:

- Take a COVID-19 test – you must take the test in the 3 days before you travel to England
- Book and pay for day 2 and day 8 COVID-19 tests – to be taken after arrival in England
- Complete a passenger locator form – to be completed in the 48 hours before you arrive in England

On arrival in England (not fully vaccinated) you must:

- Quarantine at home or in the place you are staying for 10 days
- Take your pre-booked COVID-19 test on or before day 2 and on or after day 8 – you must book these tests before you travel

If you are in England for less than 10 days, you need to quarantine for the time you are here. You need to book day 2 and day 8 travel tests. You only need to take the tests if you are still in England on those days.

### **Travelling to England from a red listed listed country**

Before you travel to England (fully vaccinated) you must:

- Book and pay for a day 2 COVID-19 test – to be taken after arrival in England
- Complete a passenger locator form – to be completed in the 48 hours before you arrive in England

You will need to enter your COVID-19 test booking reference number on your passenger locator form.

On arrival in England (fully vaccinated) you must:

- You must take a COVID-19 test on or before day 2
- You must book this test before you travel

If you will be in England for less than 2 days you still need to book and pay for a day 2 COVID-19 test. You only need to take the test if you are still in England on day 2.

### **Proof Of Vaccination For Travel**

"The surgery is unable to issue a letter or certificate confirming your vaccination status for overseas travel. Please see Government guidance for further information. Proof of your vaccination status is visible within the NHSapp, which is available for Apple and Android devices.

Alternatively, you can call the NHS Covid-19 helpline on 119 and ask for a letter to be posted to you. This must be at least five days after you have completed your course of the vaccine, the letter may take up to seven days to reach you.

Please check Foreign Office and local travel advice for specific details of whether proof of vaccination status is accepted at your destination. The majority of countries, including the UK, still require arrivals to participate in a Covid-19 testing, isolation and/or quarantine regime, regardless of their vaccination status."

## Resources

- New system for International travel  
<https://www.gov.uk/government/news/new-system-for-international-travel>
- Full guidance on booking travel hotels  
<https://www.gov.uk/guidance/booking-and-staying-in-a-quarantine-hotel-when-you-arrive-in-england>

