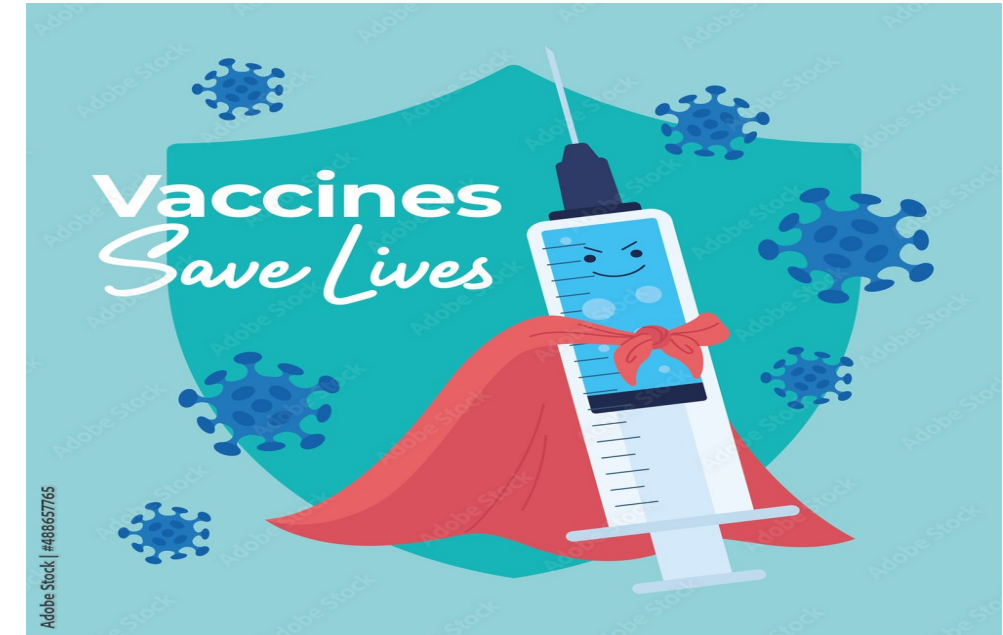


BODRIGGY HEALTH CENTRE
Vaccination Bulletin 2024



**Vaccines are the most effective way to
prevent many infectious diseases**





The flu vaccine helps protect against flu, which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu. The flu vaccine is FREE! on the NHS

Who should have the flu vaccine:-

From 1st September 2024:

- Pregnant women
- All children aged 2 or 3 years on 31 August 2024

From 3rd October:

- Those aged 65 years and over
- Those aged 18 years to under 65 years in clinical risk
- Those in long-stay residential care homes
- Carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- Close contacts of immunocompromised individuals
- Frontline health and social care workers can also get a flu vaccine through their employer

You can have your flu vaccine at the same time as a covid, shingles or pneumonia vaccination.



COVID-19 vaccines are offered because viruses change and protection fades over time. It's important to top up your protection if you're at increased risk of serious illness from COVID-19.

The Covid-19 vaccine can help to reduce your risk of getting severe symptoms. It can help you to recover more quickly if you catch COVID-19. The vaccine can help to reduce your risk of having to go to hospital or dying from COVID-19 and protect against different strains of COVID-19.

Who should have the Covid-19 vaccine:

- Residents in a care home for older adults
- All adults aged 65 years and over
- Persons aged 6 months to 64 years in a clinical risk group
- Frontline health and social care workers and staff working in care homes for older adults

You can have the Covid-19 vaccination at the same time as your flu, shingles and pneumonia vaccine



Respiratory syncytial virus (RSV)

Respiratory syncytial virus (RSV) is a common cause of coughs and colds. It usually gets better by itself, but it can be serious for some babies and older adults.

Who's at risk from RSV

RSV is very common. Almost all children get it at least once before they're 2 years old. It's not usually serious, but some babies and adults have a higher risk of getting seriously ill, particularly:

- babies under 6 months old
- children who were born prematurely
- adults over 75 years

Eligibility for the RSV vaccination

Everyone turning 75 years old on or after the 1 September 2024 will be offered a single dose of RSV vaccine. This is because older adults are more at risk of serious complications from RSV. You can still get the vaccine up to the day before you turn 80.

For the first year of the programme, the vaccine will also be offered to those who are already aged 75 to 79 years on 1 September 2024 as part of a catch up programme.

If you are not yet 75 the NHS will invite you for vaccination once you turn 75.



The shingles vaccine helps protect against shingles. It's recommended for all adults turning 65, those aged 70 to 79 and those aged 50 and over with a severely weakened immune system.

What the shingles vaccine is for

Shingles is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.

You're more likely to get shingles, and it's more likely to cause serious problems, as you get older or if you have a severely weakened immune system.

The shingles vaccine helps:

- reduce your chances of getting shingles
- reduce your chances of getting serious problems if you do get shingles

Who should have the shingles vaccine

The shingles vaccine is recommended for some older adults and people with a severely weakened immune system.

People who turn 65 on or after 1 September 2023

People aged 70 to 79

People aged 50 and over with a severely weakened immune system



The pneumococcal vaccine helps protect against serious illnesses like pneumonia and meningitis. It's recommended for people at higher risk of these illnesses, such as babies and adults aged 65 and over.

What the pneumococcal vaccine is for

The pneumococcal vaccine helps protect against some types of bacterial infections that can cause serious illnesses like:

- meningitis (an infection in the brain and spinal cord)
- sepsis (a life-threatening reaction to an infection)
- pneumonia (an infection in the lungs)

It can also help protect against other illnesses such as sinusitis and ear infections.

Who should have the pneumococcal vaccine

The pneumococcal vaccine is recommended for babies, older people, and people at higher risk of getting seriously ill from pneumococcal infections.



Importance of Childhood Vaccinations

Help to protect you and your child from many serious and potentially deadly diseases and protect other people in your family and community – by helping to stop diseases spreading to people who cannot have vaccines,

<p>2 months:</p>	<ul style="list-style-type: none"> • 6-in-1 vaccine (diphtheria, tetanus, pertussis (whooping cough), polio, hepatitis B and Haemophilis influenzae type B - Hib) • Rotavirus vaccine • Men B vaccine
<p>3 months:</p>	<ul style="list-style-type: none"> • 6-in-1 vaccine (diphtheria, tetanus, pertussis (whooping cough), polio, hepatitis B and Hib) • Pneumococcal (PCV) vaccine • Rotavirus vaccine second dose
<p>4 months:</p>	<ul style="list-style-type: none"> • 6-in-1 vaccine (diphtheria, tetanus, pertussis (whooping cough), polio and Hib) (2nd dose) • Men B vaccine (2nd dose)
<p>12-13 months:</p>	<ul style="list-style-type: none"> • Hib/Men C vaccine • MMR vaccine (Babies aged 6-12 months of age travelling to a country with high rates of circulating measles or to an area where there is a current measles outbreak, who are likely to be mixing with the local population, should receive a dose of MMR vaccine before 12 months of age. This is because of the increased risk of severe measles disease in young children, including brain infection (SSPE). As the response to MMR in infants is sub-optimal where the vaccine has been given before one year of age, immunisation with two further doses of MMR should be given at the normal recommended ages.) • Pneumococcal (PCV) vaccine (2nd dose) • Men B booster (3rd dose)
<p>2 years to 13 years:</p>	<ul style="list-style-type: none"> • Children's flu vaccine (annual)
<p>3 years and 4 months:</p>	<ul style="list-style-type: none"> • MMR vaccine second dose • 4-in-1 booster (diphtheria, tetanus, pertussis (whooping cough) and polio)
<p>12-13 years (boys and girls):</p>	<ul style="list-style-type: none"> • HPV vaccine, which protects against cervical cancer and genital warts - two injections given 6-24 months apart
<p>14 years:</p>	<ul style="list-style-type: none"> • Teenage booster (tetanus, diphtheria and polio) • Men ACWY vaccine