

# BOOST YOUR IMMUNITY THIS WINTER



Answering your questions on the Covid-19 booster and flu jab -  
and information on NHS services this winter

## Which vaccinations should I have this winter?

### Covid-19 booster

Everyone over 18, where three months has passed from your second vaccine, is now \*eligible for the Covid-19 booster vaccine.

It is really important you come forward for your booster vaccine, two doses are not enough, you will need a booster this winter. If you have not yet had a first/second vaccination make sure you come forward to start your course of vaccinations.

**Details of all our walk-in services, where you can have your Covid-19 vaccination be found here:**

[www.nwlondonccg.nhs.uk/coronavirus/vaccine-centres](http://www.nwlondonccg.nhs.uk/coronavirus/vaccine-centres)



### Flu vaccination

Everyone over 50 can also have a free flu vaccine.

Both flu and Covid-19 are serious illnesses, having both the Covid-19 booster vaccine and flu jab is the best way to protect yourself this winter.

**\*For more information on eligibility and the vaccines visit:**

- [nhs.uk/conditions/vaccinations/flu-influenza-vaccine](https://nhs.uk/conditions/vaccinations/flu-influenza-vaccine)
- [nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-booster-vaccine](https://nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-booster-vaccine)

## I've had two doses of Covid-19 vaccine, why do I need a booster?

The Covid-19 booster will help improve your longer-term protection against getting seriously ill from the virus and new strains of the virus.

Two doses are not enough, you will need a booster this winter.

## Which COVID-19 booster vaccine will I get?

Most people will be offered a booster dose of the Pfizer/BioNTech vaccine or Moderna vaccine. This means your booster dose may be different from the vaccines you had for your 1st and 2nd doses.

## **I'm fit and healthy, do I still need to get the flu vaccination?**

Yes, the flu vaccination is important because more people are likely to get flu this winter as fewer people will have built up natural immunity to it during the Covid-19 pandemic. If you get flu and Covid-19 at the same time, research shows you're more likely to be seriously ill.

Getting vaccinated against flu and having your Covid-19 booster will provide protection for you and those around you for both these serious viruses.

## **Will the flu jab give me flu?**

No, the flu jab cannot give you the flu. It is an inactivated vaccine, which means it does not contain any of the live flu virus. However, some people may experience mild flu-like symptoms as a side effect of the flu jab that will pass after a few days.

## **Can I have both vaccines at the same time?**

Yes, if you are offered both vaccines, it's safe to have them at the same time.

## **Is it still safe to get the flu jab if I've had Covid-19?**

Yes, if you've had Covid-19, it's safe to have the flu vaccine. It will still be effective at helping to prevent flu.

## **I'm pregnant, will the flu jab or booster vaccine harm me or my baby?**

No they won't. Having both the flu and Covid-19 vaccine/booster will help protect you and your baby. It's safe to have the vaccines at any stage of pregnancy.

## **How do I get my vaccinations?**

The NHS will contact you about your flu vaccination or you can book with a local pharmacy.

For Covid-19 vaccinations anyone over 18 can walk-in to one of our vaccination centres - full details of locations and times are here:

[www.nwlondonccg.nhs.uk/coronavirus/vaccine-centres](https://www.nwlondonccg.nhs.uk/coronavirus/vaccine-centres)

or book an appointment at [www.nhs.uk](https://www.nhs.uk) or call 119.



To find out more, visit:

[www.nwlondonics.nhs.uk/Winter](https://www.nwlondonics.nhs.uk/Winter)

[www.nwlondonccg.nhs.uk/coronavirus](https://www.nwlondonccg.nhs.uk/coronavirus)



**North West London**  
Clinical Commissioning Group

# CHOOSING THE RIGHT NHS SERVICE FOR YOU



Accessing the most appropriate NHS service will ensure you get the right care when you need it.

## Your GP can help you in-person, online, or over the phone



If you need to speak to a GP or doctor, it is best to call your usual practice as they will have your medical records and can provide help based on this.

If you need prescription medication, your GP practice can arrange for it to be collected at a pharmacy that is convenient for you.

## Local pharmacists can help with minor health concerns



Visiting your nearest pharmacy is a quick and convenient way to get clinical advice on minor health concerns.

Local pharmacists are qualified healthcare professionals who can help you manage minor illnesses, offer confidential discussions in a consultation room, with no need for an appointment, or refer you to a GP or A&E if your symptoms suggest it's something more serious.

## There are services to support with mental health



The NHS provides a range of talking therapies for people who feel anxious and worried or down and depressed. If you need help you can refer yourself, you don't need to go to your GP first.

To refer your self and find more information visit:

[www.nhstalk2us.org](http://www.nhstalk2us.org)

**NHS**

North West London  
Clinical Commissioning Group

## Mental health services for people in crisis

If you need help for a mental health crisis or emergency, you can get immediate help on our freephone lines from our trained mental health advisers and clinicians all day every day.

For residents in:	Freephone helpline
Ealing, Hounslow, Hammersmith and Fulham (West London NHS Trust)	0800 328 4444
Brent, Harrow, Hillingdon, Kensington & Chelsea and Westminster (Central and North West London Foundation NHS Trust)	0800 0234 650

## When you think you need A&E, think NHS 111 first

Doctors, nurses, paramedics and fully trained advisors are available to help you 24 hours a day, 365 days a year, and will ensure you receive the right care in the right place, at the right time. If you need urgent care you can then be booked into your local A&E or urgent treatment centre, or if an alternative local service is more appropriate, NHS 111 clinicians can help you access it.

You can contact NHS 111 at **111.nhs.uk** or by calling **111**.



**If you or someone you know is experiencing a life-threatening medical emergency, you should still attend A&E or call 999.**