

7 September 2026

Information for people working in front line health and social care

Seasonal flu vaccination this Autumn – your letter of entitlement

You are entitled to a flu vaccination this Autumn. This is because people who deliver face-to-face services, and many of the people they care for, are at increased risk from flu.

Please be aware, the COVID-19 vaccination is not being offered routinely to health and social care staff this season. You may be eligible if you are over 75 or are immunosuppressed.

Flu jabs will be available from 1 October 2026 from Community Pharmacies and GP practices across the Central East ICB footprint (Cambridgeshire and Peterborough, Bedford, Luton, Milton Keynes and Herts). The National Booking Service opened on 1 September, with appointments running from 1 October until 31 December.

To book your flu vaccinations:

- If you work in front line health or social care, visit [Book, change or cancel a free NHS flu vaccination at a pharmacy - NHS](#) from the 1 September and choose 'Frontline health and social care staff' as an option when you book. If you don't have access to a computer, call 119 to book your vaccination.
- Take this letter to your appointment to show that you work in health and social care. If you have a work identification badge, it would be helpful to bring that along with you too.

Once vaccinated it is still extremely important to remain vigilant and practice good infection prevention control both at work and at home. When you are at work, you must continue to wear personal protective equipment (PPE) appropriate for your role and follow your employer's procedures and guidelines.

You might be invited for a flu vaccination by your GP practice if you are a registered carer, or because your age or a medical condition makes you more vulnerable to flu. You may also be offered the flu jab in your place of work. If you have your flu vaccination at your GP practice, please let your employer know that you've had it, if they ask.

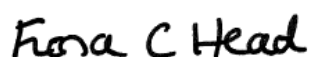
More information

If you work in health or social care and have questions about this letter, please speak to your line manager. You can also find a range of useful national and local information and advice at [Vaccinations and Immunisations | Central East ICB](#)

Thank you for continuing to protect yourself and the people you support and care for by having your flu vaccinations.

This letter is supplied by NHS Central East Integrated Care Board working with Cambridgeshire County Council and Peterborough City Council.

Yours faithfully



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