

How and Why to get a COVID-19 Booster

7th December 2021



NHS England and NHS Improvement





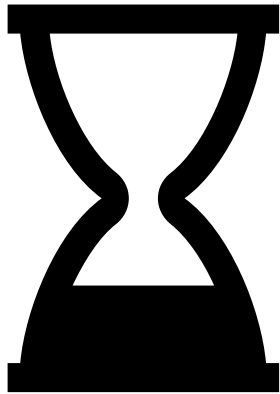
BOOST YOUR IMMUNITY THIS WINTER

WITH THE FLU VACCINE
+ COVID-19 BOOSTER

Flu and COVID-19 can both be life-threatening and spread more easily in winter. If you're over 50, you are eligible for a free flu vaccine and a COVID-19 booster.

Get vaccinated. Get boosted. Get protected.
nhs.uk/wintervaccinations





Why do we need a booster dose?

- Like many vaccines, the protection from COVID-19 vaccines gets less ('waned') over time. Another dose of the vaccine restores the protection from COVID-19 illness

When do we need a booster dose?

- Booster doses can now be given from 3 months after your second dose of COVID-19 vaccine
 - The booking system and guidance for vaccine centres with the new 3 month rule will be in place very soon. For now, you can book or walk-in for your dose at 6 months
- The window went from 6 months to 3 months to protect more people more quickly this winter

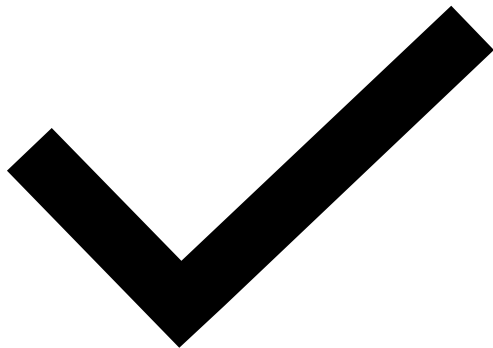


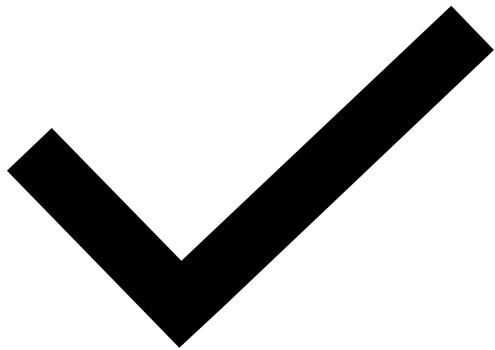
Which vaccine is given for the booster?

- The NHS is using Pfizer and Moderna vaccines for boosters, because they are both very effective as a third dose
- It doesn't matter which vaccine you had before

What about vaccine side effects?

- Side effects from vaccination are different for everybody. Some people have fewer side effects after their booster. Some people have more side effects. After a booster, the common side effects are like any other vaccine and include
 - Pain in your arm
 - Feeling tired and 'flu like'
 - Headache
- These usually go away after a day or two, and you can take paracetamol to help with the symptoms





Is there anyone who shouldn't have a booster?

- Almost everyone should have a booster. Talk to your GP first if you:
 - Have had a severe anaphylactic (allergic) reaction to a COVID vaccine before
 - Had a 'third dose' recently because you are immunosuppressed
- It is safe to have a booster if you have other underlying conditions or are pregnant. In fact, it's even more important to have a booster if you have other conditions

Why are we focussing on people with learning disabilities and booster vaccinations?

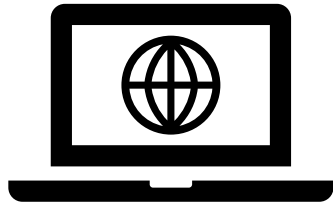
- 90% of people on the learning disability register in the East of England have had a COVID-19 vaccination
- Everyone with a learning disability who is 18 or over is eligible for a booster vaccination

Booster uptake for all people in the East of England who are eligible (30 th November 2021)	Booster uptake for people in the East of England on the learning disability register who are eligible (30 th November)
73%	49%

What can we do to support people with a learning disability and their families to get a booster vaccination?



How to get a booster



- You can book a booster vaccination at the NHS website
 - [Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- Or you can call **NHS 119** and they will help you book
- You can also look for a walk-in vaccination near you, without having to book an appointment
 - [Find a walk-in coronavirus \(COVID-19\) vaccination site - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- When you look for an appointment or a walk-in, there may not be a site near you. If you check again later or the next day, there may be a site that is closer. There will be different appointments available every day. You can also ask your local pharmacy if they can give your booster

More information about the COVID-19 booster vaccination

- [Easy-read guide to the COVID-19 booster vaccination - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

