

Covid and flu booking information for GP practice staff

- **How to get the vaccines**
- **Text for websites**
- **Text for text messages**
- **Link to resources**
- **Poster on how to get a jab attached**

How to get the flu and COVID-19 vaccines

Information on how to get all vaccines is on the NHS NEL ICB vaccine hub <https://northeastlondon.icb.nhs.uk/health-advice/vaccinations/>

Information on how to get adult vaccines, including RSV, Covid and Flu, walk in sites and events is here <https://northeastlondon.icb.nhs.uk/health-advice/vaccinations/adultvaccines/how-to-get-vaccinations/>

Pregnant women

Pregnant women may be offered a vaccinations directly by their maternity service but they can get their vaccination through a local pharmacy or GP surgery too.

Women can self-declare as being pregnant and book vaccinations via the NHS App, online at www.nhs.uk/bookflu and www.nhs.uk/bookcovid or through 119 if they can't get online.

Children

Those aged 2-3 years old (on 31 August 2024) and in clinical risk groups can get the flu vaccine at their GP surgery. School age children will be offered the vaccine at school.

COVID-19 vaccination appointments can be booked for children that are eligible and aged 5 years and over online at www.nhs.uk/bookcovid or via 119 if you can't get online. If your child is under 5 years old, they can get their COVID-19 vaccination via their GP practice.

Eligible adults

Eligible adults can book flu and COVID-19 vaccinations on the NHS App, or book online at www.nhs.uk/bookflu and www.nhs.uk/bookcovid.

Those that can't get online can call 119. Appointments will be available between 3 October until 20 December.

They can arrange for both jabs together.

People can walk into participating pharmacies for both jabs with no need to book. Sites can be found here www.nhs.uk/covid-walk-in and here <https://northeastlondon.icb.nhs.uk/health-advice/vaccinations/walk-ins/>

Frontline health and social care workers can get vaccines via the routes above or via their employer.

Vaccination events are here <https://northeastlondon.icb.nhs.uk/events/>

Text for websites

Flu and Covid-19 can be life-threatening and spread more easily in winter when we are crowded together inside.

If you catch flu and Covid-19 at the same time, research shows you're more likely to be seriously ill. It is important to top up your protection, even if you have had a vaccine or been ill with flu or Covid-19 before, as immunity fades over time and these viruses change each year.

Adults at greater risk of serious illness (including everyone aged 65 and over) and children can get a free flu vaccine, seasonal Covid-19 vaccine or both. The best way to protect ourselves from these viruses is to get vaccinated.

Book online. Call 119. Walk into a local pharmacy. Visit a local event. Contact your GP.

northeastlondon.icb.nhs.uk/vaccinations

Text for text messages

Book your flu and COVID-19 vaccinations online at www.nhs.uk/bookflu and www.nhs.uk/bookcovid. Or call 119. Or you can simply walk into many local pharmacies.

Resources

[Latest flu resources for the 2024 to 2025 season](#) including posters, leaflets and more.

[Guide to the 2024 Covid vaccine](#)