



# Get vaccinated. Stay strong.

**Vaccines help to keep you and your family healthy. Routine vaccinations are free through the NHS and can speed up your recovery and lower your chance of serious illness.**

- **Stop the spread of disease** - vaccinations prevent illness and the spread of disease so you can help protect others and ease the pressure on the NHS too.
- **Rigorously tested** - vaccinations are tested for safety before they are introduced and are constantly monitored for side effects once in use.
- **Prevent millions of deaths worldwide** - Since vaccines were introduced in the UK diseases like smallpox, polio and tetanus are either gone or are very rarely seen.

## How do vaccines work?

Vaccines teach your immune system how to create antibodies that protect you from diseases. It is much safer for your immune system to learn this through vaccination than by catching the disease.

## Can there be side effects?

Vaccines sometimes cause mild side effects which don't last long. You might feel a little unwell and have a sore arm for two or three days. Serious side effects are extremely rare.

## Who should have vaccines?

Vaccines are available for pregnant women, children, teenagers and there are adult vaccinations like flu, RSV and Shingles for the older population. Search for 'NHS vaccinations and when to have them' for more information. It's important that vaccines are given on time for the best protection, but if you or your child missed a vaccine, contact your GP to catch up.

## Do vaccines contain gelatine?

No, only the children's nasal flu vaccine has a tiny amount of gelatine but an injection option is available. If you would prefer an alternative vaccine without gelatine, ask your doctor or pharmacist.

## How do I book a vaccine?

Use the **NHS app**, call **119**, search '**NHS vaccines**' or scan the QR code for the latest information.

## Got more questions?

Ask your GP or pharmacist or visit the NHS website.

Scan me 

