

Important health messages to help your communities stay well this winter

If you're eligible for your COVID-19 booster or flu jab, don't delay getting yours – act now.

It's more important than ever this year to take the necessary steps to protect the health of ourselves and those around us. COVID-19 has not disappeared, and it is also possible that more people will catch flu compared with last winter when COVID-19 restrictions were in place.

If you're eligible and haven't yet taken up the offer of a COVID-19 booster or flu jab, you need to act now.

Some people may be eligible for both the flu and the COVID-19 booster vaccines. If you are offered both vaccines, it's safe to have them at the same time.

You can check your eligibility now and there are several ways to book your appointment – the sooner you're jabbed, the sooner you're protecting yourself as well as those around you.

COVID-19 booster

Booster doses are available for everyone aged 18 and over who have had a second dose of the vaccine at least 3 months ago. [Find out if you are eligible on the NHS website.](#)

If you're eligible, don't wait, book your appointment as soon as you can;

– **Book online** using the [National Booking Service](#)

– **Call 119** free from mobiles and landlines. Lines are open every day from 7am to 11pm. 119 provides support in 200 languages. If you need help from a British Sign Language (BSL) interpreter, [use the free online 119 BSL interpreter service from SignVideo.](#)

– **Attend a [walk-in clinic in Walsall](#)**

Flu Vaccine

Check your eligibility for a [winter flu jab on the NHS website](#)

You can have the NHS flu vaccine at:

- your GP surgery
- a pharmacy offering the service
- your midwifery service if you're pregnant
- a hospital appointment

You can find a pharmacy that offers the [flu vaccine on the NHS website.](#)

What if you still haven't had your 1st dose of COVID-19 vaccine yet?

There are plenty of appointments available for anyone who is eligible but hasn't yet had their 1st or 2nd dose of COVID-19 vaccine. Don't put it off any longer, book [online](#), call 119 or find a local [walk-in clinic](#). COVID-19 vaccines are safe and effective. They give you the best protection against COVID-19.



COVID-19 vaccine and 12-15 year olds

The NHS is now offering two doses of the COVID-19 vaccine to all children aged 12 to 15 years.

The vaccines will provide protection to children and it may also help to reduce transmission of COVID-19 in the wider population. Parents or guardians of children aged 12 to 15 will receive letters from their child's school who are offering the COVID-19 vaccine as part of its School Aged Immunisation Service (SAIS).

Parents and guardians are also invited to attend a local vaccination centre with their 12 to 15 year old to get their vaccination outside of school.

A list of [local walk-in sites is available to view here](#), alternatively you can book an appointment online via the [National Booking Service](#) or you can call 119.

[Read more about the vaccine and 12 to 15 year olds here.](#)

Help us, help you this winter

Need urgent care but unsure where to go? Think NHS 111 first

NHS 111 provides you with a convenient way to get the right help or advice when you have an urgent but non-life-threatening health concern. It is available 24 hours a day, 7 days a week, online and by phone. If necessary, they can arrange for you to speak to a healthcare professional, including nurses, emergency dentists, or even GPs. [Find out more.](#)

At home or on the move access a range of services on the NHS app

The NHS app is designed to help people get more information about their health and care and gain more control of how they use NHS services. You can conveniently order repeat prescriptions, view your GP medical records, manage appointments at your GP surgery and view your COVID-19 vaccination status. Download it for free from the Google Play Store or Apple Store. [Find out more.](#)

Your GP Practice is here for you

GP practices across Walsall are working differently to offer patient appointments. With demand for primary care services increasing and the need to have increased infection control measures in place, we need to do things in a new way.

You can find out how GP Practices are working by reading '[A guide to your GP Practice – new ways of working](#)'

