



**Derbyshire
Residents
Encouraged to get
protected this
winter**

We're encouraging Derbyshire residents who are entitled to the flu and Covid-19 vaccine to have their vaccinations to get protected this winter.

We have seen an increase in the number of people being admitted to hospital due to respiratory conditions in the last few weeks. These include viral infections such as flu and Respiratory Syncytial Virus (RSV.)

Having a relative admitted to hospital is distressing for everyone involved. People being admitted to hospital puts pressure on the NHS and affects our friends and families.

Anyone can catch flu, RSV and Covid but for some people catching a virus can cause serious illness including;

- the very young,
- those who are older,
- pregnant women
- people with existing health conditions

Whilst washing our hands, coughing and sneezing into tissues (and putting them in bins) helps prevent spread of viruses the best protection is to have recommended vaccinations. Vaccinations help prevent serious illness and also help stop or slow down the spread.

If you have been invited by your GP to have a vaccine it is important to take up that offer as your doctor has identified that you may be more at risk of becoming seriously ill if you are unvaccinated.

If you work in **social care** you are eligible for a flu and a COVID-19 vaccination. You can book your COVID-19 vaccination via the national booking system [NHS booking system](#) until 20th December and after that you can attend one of the walk in vaccination sites. [Find a walk-in COVID-19 vaccination site - NHS](#). Your employer should have let you know how to access your flu vaccine, this may be via a local pharmacy.

Pregnant women are offered vaccines to protect themselves and their baby against serious illness. Pregnant women are being offered flu, winter covid, pertussis (whooping cough) and the RSV vaccination. RSV can be very dangerous for young babies and every year we see babies in hospital with RSV. The vaccine will be offered after 28 weeks all year round.

The **RSV** vaccine will also be offered, all year round to those aged between 75-79 years. This is because you are more at risk of hospitalisation. When you are invited to this by your GP please make sure you attend

It can feel confusing or overwhelming to take up the vaccinations on offer. We would ask you to use information from the NHS website to make that decision or to talk to a health professional. Information from the NHS and the UK Health Security Agency (UKHSA) has been scientifically researched and is based on the best available evidence.

More information can be found here: [Winter vaccinations and winter health - NHS](#)

Information in other formats

- [Leaflet: We're here to help you stay well this winter \(PDF only, 655KB\)](#)
- [Large print leaflet: We're here to help you stay well this winter \(PDF only, 1.3MB\)](#)
- [Easy read leaflet: We are here to help you stay well this winter \(PDF only, 9.9MB\)](#)
- [British Sign Language video: We're here to help you stay well this winter \(YouTube\)](#)
- [Audio: Stay well this winter \(SoundCloud\)](#)