



Welcome to your

NHS

Derby and Derbyshire
Integrated Care Board

Spring vaccine newsletter



Vaccines are available throughout different stages of our life. Most of the vaccines available have been around for a long time and are proven to give you and your loved ones the best protection in life.

To find out what vaccines you need throughout your life, visit the [NHS website](#) or scan the QR code.



HPV vaccines

The HPV vaccine helps protect against human papillomavirus (HPV). It's recommended for young people aged **12 to 13 years old** and people at higher risk from HPV.

Young people aged 12 to 13 can get the vaccine through the **school immunisation service**, who visit all secondary schools.

If the HPV vaccination is missed in school, you can check with your local GP.

All females **remain eligible** for this vaccination up until the age of 25.

Males born **on or after 1/9/2006** are also eligible until the age of 25.

Also eligible are men aged 45 and under who have sex with men.

This vaccination is available via your **local sexual health clinic**



Covid-19

The NHS is offering Covid-19 vaccinations this spring, to those most at risk of becoming unwell.

Those at increased risk of severe illness can get the vaccine, including those aged 75 or over, people with a weakened immune system, and people who live in an older adult care home.

Protection against Covid-19 can fade over time and the circulating strain of the virus can change, so if you are at higher risk of severe illness it is important that you top up your protection.



How to book your Covid vaccine

To book, you can visit the NHS App, the [NHS website](#) or call 119 for free.

You may also be able to [visit a walk-in site](#) which does not require a booking.



Shingles

Shingles is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.



The shingles vaccine is recommended for all adults turning 65, those aged 70 to 79 and those aged 50 and over with a severely weakened immune system.

Your GP will contact you when you are eligible.



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Your child's vaccine schedule

Check your child's red book to find details of their vaccines



8
weeks

- 6-in-1 vaccine*
- Rotavirus vaccine*
- MenB vaccine*



12
weeks

- 6-in-1 vaccine**
- Pneumococcal vaccine*
- Rotavirus vaccine**



1
year

- Hib/MenC vaccine*
- MMR vaccine*
- Pneumococcal vaccine**
- MenB vaccine***



16
weeks

- 6-in-1 vaccine***
- MenB vaccine**



2+
years

- Children's flu vaccine (yearly)



3
years and
4 months

- MMR vaccine**
- 4-in-1 pre-school booster vaccine

*first dose **second dose ***third dose

6-in-1 protects against diphtheria, tetanus, whooping cough, polio, Hib and hepatitis B

4-in-1 protects against diphtheria, tetanus, whooping cough and polio