



Moved to the UK: are you and your family up-to-date with vaccinations?

Vaccines are one of the best ways to help you and your family stay healthy

In England, some vaccinations are offered **free** on the NHS to help protect you from many serious infections. We want to start protecting children as early as possible and so many vaccines are offered in the first year of life and before children start school, through their GP practice. Older children are offered some vaccines in school.



If you are unsure if your child has had all the recommended vaccines available in England check with your GP practice. **It is never too late to catch-up.**

Vaccines can protect you throughout your life and some are offered free on the NHS to adults who may suffer more serious consequences from certain infections, for example: pregnant women, adults living with a chronic illness like asthma and the elderly. Vaccinations for adults are normally offered at your GP practice.



Anyone in England can register and see a GP without payment

GP practices do not need any proof of identity or immigration status from patients wishing to register. You can find details on how to register with a GP in this leaflet and at www.nhs.uk/using-the-nhs/nhs-services/gps/how-to-register-with-a-gp-practice/

Most vaccinations are free even if you pay for other NHS treatment.

Why should I get vaccinated?

 Vaccines can protect you and your family from serious infections such as measles, rubella, polio, tetanus, pneumonia, meningitis, TB (through the BCG vaccine) and many more.

 Different countries offer different vaccines, so even if you and your children have had vaccinations in the country you came from, when you arrive in England it is good to check with your GP practice what vaccines you have all had and whether you have missed any that are free in England.

 Some infections can be more common in other countries, so it is also important to check if you need any extra vaccines before you travel overseas to visit family and friends – some travel vaccines are not free on the NHS.

What vaccines are given routinely in England?



Vaccines are offered to new-born babies, young children, teenagers, pregnant women and older people. You can find out more about the vaccine schedule here: www.nhs.uk/conditions/vaccinations



The vaccines for babies and children protect against childhood infections such as measles, rubella, whooping cough, meningitis, polio, flu, tetanus, hepatitis B, TB and more.



Teenagers get top up (booster) vaccinations for some of these infections e.g. meningitis and tetanus to give longer lasting protection into adulthood.



If you are pregnant you can receive vaccines to protect you and your child from whooping cough and flu. You can also be screened (have a blood test) for infections such as hepatitis B so that your newborn can start hepatitis B vaccination at birth.



Older people may be given vaccines to protect against flu, pneumonia and shingles.



People with some specific medical conditions are given vaccines to help protect them.



Talk to your GP or practice nurse to check if you or your child need any routine or extra vaccines.

Some examples of infections that **vaccination can help protect against**



Measles

- measles is a viral illness that is quickly spread through coughing and sneezing. Anyone can get measles if they haven't been vaccinated or they haven't had it before
- measles can lead to serious complications such as infections of the lungs and brain
- measles is more common in certain parts of the world, and can be spread when people visit countries overseas or meet with people visiting the UK
- the best way to protect yourself and your family from this nasty illness is to receive two doses of the MMR (measles, mumps and rubella) vaccine; ask your GP if you are covered



Rubella

- rubella (German measles) is a viral infection that is also spread through coughing and sneezing
- it usually causes a mild illness that gets better without treatment
- rubella can be serious if a pregnant woman catches it in the first twenty weeks of pregnancy as it can cause loss of the baby (miscarriage) or serious problems after the baby is born – such as problems with their sight, hearing, heart or brain
- you can protect your unborn child by ensuring you have been vaccinated before pregnancy. Two doses of the MMR vaccine will give you lifelong protection; ask your GP if you are covered



Hepatitis B

- hepatitis B is a viral infection of the liver that is spread through blood and body fluids. It is more common in certain parts of the world where it is often passed from mother to baby during child birth
- it may not cause any symptoms, especially in babies and young children, but can lead to long term infection which is unnoticed for years until it causes serious liver damage-including cancer
- a vaccine that protects against hepatitis B plus other serious infections is available for all babies
- hepatitis B vaccine is also available for people with a high chance of catching the infection (e.g. babies born to women with hepatitis B) or suffering serious illness from infection. Ask your GP or practice nurse to see if you or your baby should receive the hepatitis B vaccines

Anyone in England can register with a GP practice and see a primary care doctor or nurse for FREE. You do not need to provide proof of identity or of immigration status in order to register with a GP practice. This also applies if you are an asylum seeker, refugee, a homeless patient or an overseas visitor, whether lawfully in the UK or not.

Registration cannot be refused on the grounds of race, gender, class, age, religion, sexual orientation, appearance, diversity or medical condition.



You should register with a GP practice to get health care including vaccinations.

To find a GP to register with go to this link and enter your postcode: www.nhs.uk/Service-Search/GP/LocationSearch/4, ask at your local GP practice or Citizens Advice Bureau or call 111

You can then call or visit the practice and they can help you to register

Other places to go for medical help



Call 999 if someone is seriously ill or injured and their life is at risk



Call NHS 111 if you urgently need medical help or advice but it's not a life-threatening situation. You can also call NHS 111 if you're not sure which NHS service you need



Visit a walk-in centre, minor injuries unit or urgent care centre if you have a minor illness or injury (cuts, sprains or rashes) and it can't wait until your GP surgery opens



Ask your local Pharmacist for advice – your pharmacist can give you advice for many common minor illnesses, such as diarrhoea, minor infections, headache, travel advice or sore throats



Make an appointment with your GP if you are feeling unwell and it is not an emergency