



**We are inviting you to get your respiratory syncytial virus vaccine. We call this an RSV vaccine.**



RSV is a virus that affects the lungs. It can cause a cough, sore throat and cold.



You are invited to get this vaccine because you are:



- 75 to 79 years old



- Or, you are pregnant and have been for 28 weeks or more.



If you are pregnant and have the RSV vaccine, it will help to stop your baby getting unwell from RSV for the first few months after they are born.



If you are 75-79 you only need to get your RSV vaccine once. You don't need to go back each year.



If you have the vaccine because you are pregnant you will need another vaccine each time you get pregnant.



This is a free vaccine from the NHS. You do not need to pay for it.

## Why is it important to get the RSV vaccine?



Some people who get RSV get better on their own.



You are more likely to be unwell if you get the RSV virus.



RSV can cause serious problems like pneumonia. This is a very serious infection in your lungs that can make you very unwell.



Sometimes, people die from getting the RSV virus



This is why it is important to get your RSV vaccine.

## How do you get your RSV vaccine?



To get your RSV vaccine, you can:



- you can contact your doctors (GP) surgery and ask for an appointment



- Some pharmacies in Suffolk and Essex offer appointments. To book a pharmacy appointment in these areas, visit:

[www.nhs.uk/book-rsv](http://www.nhs.uk/book-rsv)



If you have already booked or had your RSV vaccine, you do not need another one.



If you need a change to the way you get your vaccine, let them know when you book your appointment, or when you are at your appointment.

These changes are called reasonable adjustments.



This could be things like:



- Giving you an appointment for a time when someone you trust can come with you



- Having your vaccine in the car or at home



It is better to get your RSV vaccine on a different day from your flu and COVID 19 vaccine.

## Other information



You can read more at [www.nhs.uk/rsv](http://www.nhs.uk/rsv). There is also a guide to the RSV vaccine for older adults at [www.gov.uk/rsv-vaccine](http://www.gov.uk/rsv-vaccine).



This guide is not in easy read so you may need support to understand it.



For information in other languages, visit [www.england.nhs.uk/rsv-invites](http://www.england.nhs.uk/rsv-invites).

**Thank you,  
NHS England Vaccination Team**