## Booking your NHS winter flu vaccination

Dear ((fullName)),

You can book a free winter NHS flu vaccination because you are aged **65 or over** (or will be on 31 March 2026).

## How to get your flu vaccination

* Contact your **GP surgery**
* Book a pharmacy appointment on the **NHS App** or online at [www.nhs.uk/book-flu-jab](http://www.nhs.uk/book-flu-jab)
* Find a pharmacy at [www.nhs.uk/flu-pharmacy](http://www.nhs.uk/flu-pharmacy)

It’s best to get vaccinated as soon as you can ahead of the colder months.

## If you need support

If you can’t get online, phone **119**. Translators are available. You can also use text phone **18001 119** or the NHS British Sign Language service at [www.signvideo.co.uk/nhs119](http://www.signvideo.co.uk/nhs119)**.**

If you get your care at home, ask your GP surgery for a **home visit**. For information in easy read and other languages and formats, go to [www.england.nhs.uk/seasonal-invites](http://www.england.nhs.uk/seasonal-invites).

**Why the NHS is offering a winter flu vaccination**

Flu spreads easily in winter. Every year, thousands of older adults need hospital care for flu. It’s important to have your vaccination every year to reduce your risk as protection fades over time and viruses change. Read more at [www.nhs.uk/flujab](http://www.nhs.uk/flujab).

## Can I get a COVID-19 vaccination?

The rules about who can get a free COVID-19 vaccine have changed since last year. You can only get a vaccine if you:

* are aged 75 or over (or will be by 31 January 2026)
* have a weakened immune system because of a health condition or treatment
* live in a care home for older adults

For more information, go to [www.nhs.uk/covid-vaccine](http://www.nhs.uk/covid-vaccine). You can also ask your GP surgery or local pharmacist if you are not sure.

## Other NHS vaccinations

You may also be able to get pneumococcal, RSV or shingles vaccinations. Read more at [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations).

Yours sincerely,

NHS England Vaccination Team

**Data protection:** NHS England is responsible for processing personal data for the purpose of national vaccination programmes. You can read our privacy notice at [www.england.nhs.uk/privacy-notice](http://www.england.nhs.uk/privacy-notice).