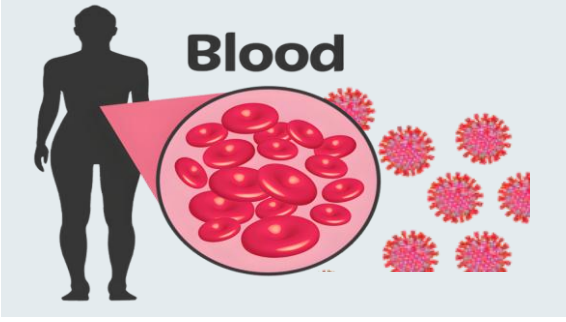
MenB vaccines for young adults 2026 / 2027 – easy read guide

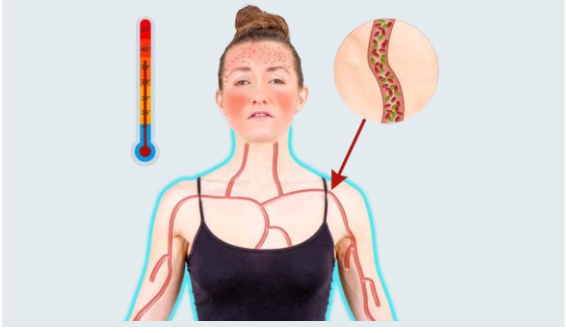
This guide tells you how to get your MenB vaccinations.

The MenB vaccine helps to protect you from MenB disease. MenB disease can cause:

- Meningitis. This is a serious illness that affects the brain and spine.



- Blood poisoning. This is when germs get into your blood and make you very ill.



- Sepsis - This is a serious illness that can happen when your body is fighting an infection.

People can become ill very quickly.

Some people may need to go to hospital.

Some people can die from MenB.

The vaccine is the best way to protect yourself.

You must wait 4 weeks between your first and second injection.

Who can get the MenB vaccine?

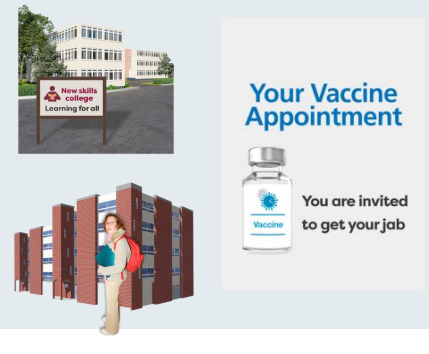
You can get the MenB vaccine if you were born between 1 September 2007 and 31 August 2008 **OR**

You were born on or after 21 July 2001 and:

- starting university for the first time this autumn **OR**

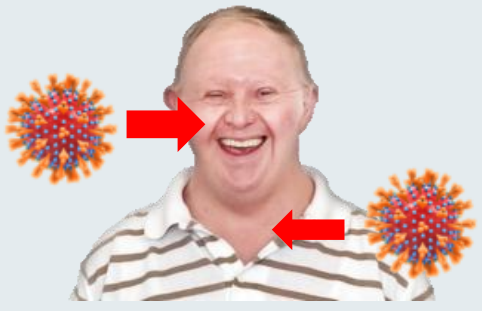
- going to college for the first time this autumn and will live there

When you go for your vaccine, staff may ask which one applies to you.

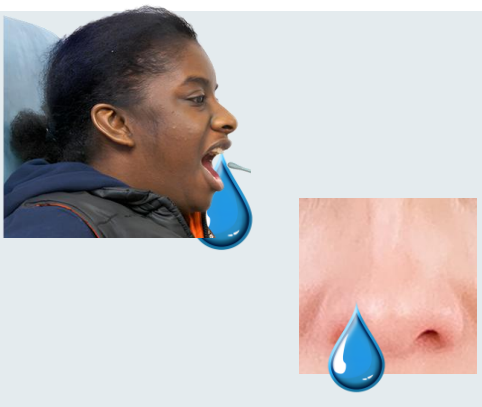


If you are getting the vaccine because you are going to college or university, take your offer letter with you.

Why you are being offered the vaccine



MenB can live in someone's nose and throat without making them ill.

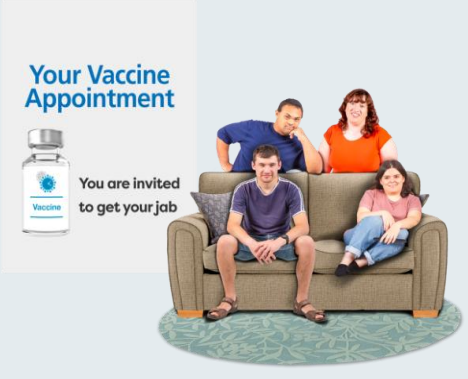


It can spread through tiny drops from the mouth or nose when:

- you cough and sneeze

- or share food, drinks and vapes.

A person can have MenB and not feel unwell at first, but if you catch it, you could quickly become ill.



The vaccine is being offered to some young people.

This is because it can spread when young people live close together.

For example, like at college or university.

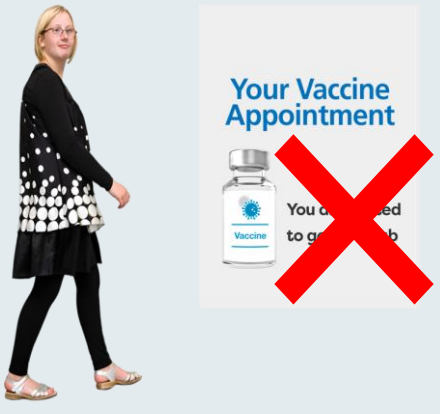
You need 2 doses of the vaccine.

But you **must** wait at least **4 weeks** between each dose.

You will have 2 appointments, and you will get 1 injection at each appointment.

Book your first vaccine here:
www.nhs.uk/book-menb

You can also get the vaccine at a pharmacy.



Just walk in, you don’t need an appointment.

You can find a pharmacy near you, here: www.nhs.uk/menb-walk-in

You can book your second dose after you have had your first dose.

If you need support

You might need some support when you go for your vaccine.

This is called a **reasonable adjustment**.

Support could be getting information in easy read.

Or getting your vaccine when the pharmacy is quieter.

If you need support, tell a member of staff.

You can bring someone with you.

This could be a family member, partner, carer or someone you trust.

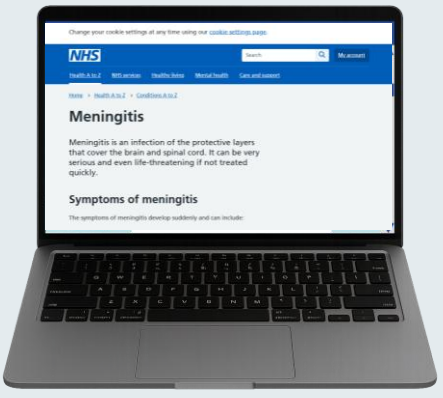
If you need help booking your vaccinations, phone 119.

If you use a textphone, call 18001 119.

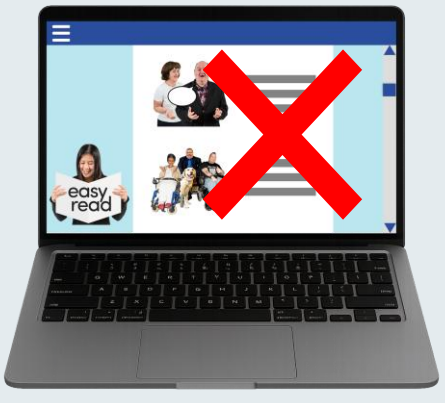
If English isn't your first language, you can get a translator to help you understand what is happening

You can also use the NHS British Sign Language service at www.signvideo.co.uk/nhs119.

For More Information



You can read more about MenB on the NHS website at www.nhs.uk/meningitis



This website is **not** easy read.

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Insert your own contact details here