



HM Government



BOOST YOUR IMMUNITY THIS WINTER

GETTING YOUR COVID-19 AND FLU VACCINES IS STILL THE BEST WAY OF PROTECTING YOURSELF, YOUR FRIENDS AND YOUR FAMILY.

- If you haven't had your first two doses of the COVID-19 vaccine, it's not too late. Book an appointment or pop in to a walk-in session
- Get your COVID-19 booster as soon as you're invited
- Please follow the latest guidance about testing, face coverings, following good hand hygiene and self-isolate if told to do so

Let's be kind and keep looking out for each other



North Tyneside Council



COVID Vaccine
North East and North Cumbria

GETTING YOUR VACCINATIONS IN NORTH TYNESIDE



COVID-19 VACCINATIONS

Please come and get a COVID-19 vaccine as soon as you are invited. There are hundreds of appointments available in locations across North Tyneside each week for boosters and first or second vaccinations.

- COVID-19 booster vaccinations will be either Moderna or Pfizer – whichever is available at the time
- If you need a first or second COVID-19 vaccination please book now. Having these gives you the best chance of protection from becoming seriously ill with COVID-19
- Anyone under 18 will be offered the Pfizer vaccine

If you have questions or concerns, go to a vaccine centre and ask to speak to a healthcare professional.

Book an appointment or change an appointment:

Visit www.nhs.uk/conditions/coronavirus-covid-19/
or telephone **119** (7am- 11pm, seven days a week).

Walk-in services:

Visit www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/find-a-walk-in-coronavirus-covid-19-vaccination-site/
or **scan the QR code** for the latest information about local walk-in services.

FLU AND PNEUMONIA

It's important that everyone who is eligible for an NHS flu or pneumonia jabs gets it as we are entering the flu season. Check the website below to see if you are eligible.

QUESTIONS OR CONCERNS?

The most up-to-date information and frequently ask questions about the vaccine programmes can be found at www.tynehealth.org.uk or **scan the QR code**. If you haven't been able to find the information you need, you can contact TyneHealth's Vaccine Helpline on **(0191) 486 2001** or by email tynehealth.vaccine@nhs.net