NHS
North East and
North Cumbria

'Be wise, immunise' - remaining flu cohorts and eligible COVID-19 vaccinations from 1 October 26/27 communications toolkit

(v4. 08/09/26)

Be wise, immunise!

The 'Be wise, immunise' flu and COVID-19 campaign for the North East and North Cumbria encourages all eligible groups to get their recommended vaccinations.

This general campaign toolkit is available for all communication leads across the NHS, local authority and other partners to use and adapt to encourage uptake of the flu and COVID-19 vaccinations, in recommended cohorts.

This toolkit guide covers all remaining eligible vaccination groups from 1 October for flu including:

- people aged 65 years and over
- those aged 6 months to under 65 years in clinical risk groups (as defined by the Green Book, chapter 19 (Influenza))
- live in a long-stay residential care home
- close contacts of someone who has a weakened immune system
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- are a frontline health or social care worker

And cohorts for COVID-19:

- Adults aged **75 and over**
- People living in a **care home for older adults**
- People aged **six months and over who are immunosuppressed** (as defined by the Green Book,)

There are also separate, more detailed packs, available for, flu vaccinations for frontline staff, vaccines in pregnancy, people with a learning disability, those living in a care home, 2–3-year-olds and school children, at the following links:

Frontline staff	https://northeastnorthcumbria.nhs.uk/toolkits/frontline-health-and-social-care-staff/
Vaccines in pregnancy	https://northeastnorthcumbria.nhs.uk/toolkits/trusted-voices-vaccinations-in-pregnancy/
Learning disability	https://northeastnorthcumbria.nhs.uk/toolkits/learning-disability-flu-vaccine/
2–3-year-olds	https://northeastnorthcumbria.nhs.uk/toolkits/children-flu-nasal-spray-vaccine/
School children	https://northeastnorthcumbria.nhs.uk/toolkits/children-flu-nasal-spray-vaccine/

These toolkits have been produced by the North East and North Cumbria Integrated Care Board (ICB)

Download our campaign assets

All campaign assets for flu and COVID-19 vaccinations are now available to download on the North East and North Cumbria Integrated Care Board (NENC ICB) toolkit page.

Once again, we are asking colleagues and partners across the region to join us and help to spread the word - ***Be wise, immunise*.**

Not only that but by working together we know that our messages are stronger and can reach many more of our communities – which means more people get vaccinated and are then protected against flu and COVID-19 which can cause serious illness.

So, how you can help?

Information and content in this toolkit page can be used on websites, social media, or other communication channels. More content will be shared as we roll out the campaign, this will include Halloween and Christmas messaging. If there's something missing from the toolkit, or you would like something specific for your own organisation or channel - or simply have an idea on how we could better reach people or share our messages – then please get in touch.

Who are we targeting?

Our *Be wise, immunise* campaign aims to reach out to all eligible groups, but we are specifically focusing on areas and groups of people where data has shown uptake has been lower in the past including:

- 2–3-year-olds
- Pregnant women
- People at high clinical risk
- Learning disability

Your support in raising awareness with all eligible cohorts about the importance of getting the flu and COVID-19 vaccines this year is very much appreciated.

For further help or advice on using the toolkit or if you need support to tailor assets, please contact either: Andrea Jones, andrea.jones2@nhs.net or Abbie Mulgrew, abbie.mulgrew@nhs.net

Who is recommended to have the flu and COVID-19 vaccines this winter?

Flu - In line with advice from the Joint Committee on Vaccination and Immunisation, those advised to have a flu vaccine this year include: (1.6m across NENC)	**COVID-19** - In line with advice from the Joint Committee on Vaccination and Immunisation, those advised to have a COVID-19 vaccine this year include: (401k across NENC)
From 1 September – 31 March • pregnant women • all children aged 2 or 3 years on 31 August 2025 • primary school aged children (from Reception to Year 6) • secondary school aged children (from Year 7 to Year 11) **From 1 October – 31 March** • people aged 65 years and over • those aged 6 months to under 65 years in clinical risk groups (as defined by the Green Book, chapter 19 (Influenza)) • people in long-stay residential care homes • carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person • close contacts of weakened immune system individuals • frontline health and social care workers • people living with a learning disability • people experiencing homelessness	**From 1 October – 31 January** • people aged 75 years and over • people aged 6 months+ to 74 years in clinical risk groups (as defined by the Green Book, Chapter 19) • people in long-stay residential care homes

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Be wise and immunise!

The risks from flu and COVID-19 are still real …

For some people, flu and COVID-19 can be unpleasant. But for others, especially those with certain health problems, older people, and pregnant women, it can be very dangerous or even life-threatening.

The NHS recommends the flu and COVID-19 vaccines to those at highest risk from severe illness. Not only does it keep you safe, but it reduces the risk of it spreading to others and helps protect your loved ones.

Across the North East and North Cumbria, around 1.6 million people are eligible for a free flu vaccine this year, with 401,000 also eligible for a COVID-19 vaccine. To support this, over 850 sites are offering the vaccines

The flu vaccine has been available since 1 September 2026 for all pregnant women, children aged 2–3 and school children from reception to year 11.

From 1 October, eligibility widened to include people aged 65 and over, those with certain long-term health conditions, carers, care home residents, people living with someone who has a weakened immune system, those experiencing homelessness and frontline health and social care workers.

Free NHS COVID-19 vaccinations are also available for people aged 75 and over, anyone with a weakened immune system and care home residents.

Pregnant women are being invited to have vaccines at their GP practice, pharmacy or during a routine antenatal visit.

Over 18's can book a flu and / or COVID-19 vaccine by using the NHS App, visiting the NHS website, or calling 119 for free. If you're eligible, you'll also get an invitation from the NHS or your GP practice.

Parents and carers of children aged 2 or 3 years old, or 6 months and older with certain health conditions, can book a flu vaccination appointment at their GP surgery or from 1 October flu vaccines will also be available to book, on the NHS website, for 2–3-year-olds at many local community pharmacies.

Parents of school age children do not need to make an appointment. Children from reception to year 11 will be vaccinated in school or at a community clinic – parents are reminded that they will need to sign and return a consent form for their child to be vaccinated. They will be invited directly by their school age immunisation service (or GP if they are eligible due to a long-term health condition). Children who have not received a vaccination through their school by 1 December 2026 will be able to get a flu vaccine from a local community pharmacy by booking on the NHS website. If parents think they may have missed their invitation they can contact their local school age immunisation service, which they can find online or via their school.

The NHS is also visiting housebound patients' and people in care homes to give the vaccine.

Don't forget! If you are pregnant, or if you are aged 75 or over, you can also get an **RSV vaccine**. This very effective vaccine protects infants and older adults from bronchiolitis and pneumonia. If you're aged 75 or over, your GP surgery will contact you about getting vaccinated. If you are 28 weeks pregnant or more, you can speak to your midwife or GP surgery about getting your RSV vaccination.

If you are pregnant, it is also recommended that you get your pertussis (whooping cough) vaccine after 16 weeks of pregnancy, from your GP or at a routine antenatal clinic.

You can find out more information about winter vaccines, if you are eligible, and how to book by visiting www.nhs.uk/wintervaccinations.

Don't get caught out this winter - **Be wise, immunise.**

Key messages COVID-19 (general)

- COVID-19 is still with us and is still making people very ill.
- Those at increased risk from COVID-19, due to a health condition or medical treatment, are eligible for a seasonal vaccination for extra protection this winter, when viruses spread much more easily and can cause greater harm.
- This includes people who have a lung or heart condition, kidney or liver disease, problems with the brain or nerves, a learning disability, diabetes or a severe mental illness. It also includes people with weakened immune systems.
- If you're not sure if you're at increased risk, you can find out more at https://www.nhs.uk/vaccinations/covid-19-vaccine/
- If you are eligible, it is important to top up your protection even if you have had earlier vaccinations or have had the virus, as your immunity from these fades over time.
- It can take 14 days for the vaccination to take full effect, so everyone due a further dose is encouraged to get it as early as possible for maximum protection.
- COVID-19 vaccines and the flu vaccine can be co-administered. The NHS is making it easier to receive both of these seasonal vaccinations at the same time. However, if getting both vaccines together is not possible, you should get each vaccination as soon as you can for better protection ahead of winter, rather than waiting.
- You can have your seasonal COVID-19 vaccine if it's been at least three months since you had your previous dose.
- You can get your COVID-19 vaccine at any participating local pharmacy, by booking an appointment at your GP practice, online on the NHS website, using the NHS App or by calling 119.

Key messages flu (general)

- Flu can be very dangerous, even life threatening for some, particularly for people with certain health conditions. The flu vaccine is safe and effective, and it's recommended every year to help protect people at risk of getting seriously ill from flu.
- If you're eligible for a free vaccine, it's important to get it every autumn because the viruses that cause flu change each year. This means flu (and the vaccine) this year may be different from last year.
- It takes 2-3 weeks for the vaccine to provide immunity and so early vaccination, when the vaccine is offered to you, is essential.
- The impact on health and social care services was significant and, through higher levels of vaccination of staff and patients/clients, more of the impact could have been avoided.
- You can get your flu vaccine at any participating local pharmacy, by booking an appointment at your GP practice, online on the NHS website, using the NHS App or by calling 119.

Short copy – religious questions

Some people have questions about whether the vaccines are suitable for them because of their religion.

The government has published information on this to help people consider the options.

Follow this link if you want to know more.

Social media messaging

Join us on social media so we can remind eligible groups to #BeWiseImmunise

Please tag North East and North Cumbria ICB in your social media posts and use #BeWiseImmunise

Our social media handles are:

Facebook - NorthEastandNorthCumbriaNHS
X – @NENC_NHS
Instagram – nenc_nhs
TikTok - @nenc_icb
Linked-In - @north-east-and-north-cumbria-nhs
YouTube - North East and North Cumbria NHS

The following pages include social media visuals, messaging and videos for the flu and COVID-19 autumn/winter campaign 2025.

Assets are available to download from the toolkit page and will be supported by paid for advertising, radio and programmatic advertising.

All flu and COVID-19 toolkits will be updated regularly with new messages and assets.

General flu and COVID-19 eligibility

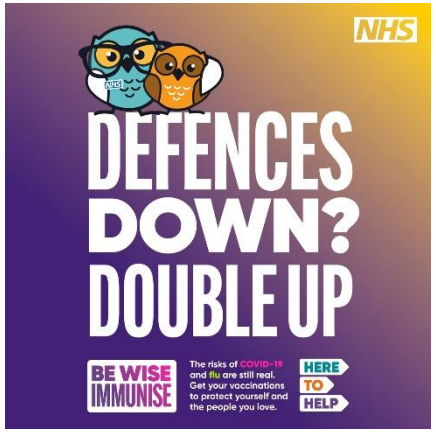
Post	Instagram	Facebook	X	Visual/film
Find out eligibility and how to book	Be wise, immunise! Check if you're eligible for a FREE flu & COVID-19 vaccine and book your appointment today 👉 nhs.uk/vaccinations #BeWiseImmunise	Be wise, immunise! Check if you're eligible for a FREE flu & COVID-19 vaccine and book your appointment today 👉 nhs.uk/vaccinations #BeWiseImmunise	Be wise, immunise! Check if you're eligible for a FREE flu & COVID-19 vaccine and book your appointment today 👉 nhs.uk/vaccinations #BeWiseImmunise	
Where to get a vaccine	Be wise, immunise! Protect yourself this winter with a FREE flu and COVID-19 vaccine. ❄️ Don't delay – if you're eligible, book now at: ✅ your GP practice ✅ a community pharmacy ✅ on the NHS website ✅ the NHS App ✅ or call 📞 119	Be wise, immunise! Protect yourself this winter with a FREE flu and COVID-19 vaccine. ❄️ Don't delay – if you're eligible, book now at: ✅ your GP practice ✅ a community pharmacy ✅ on the NHS website ✅ the NHS App ✅ or call 📞 119	Protect yourself this winter with a FREE flu and COVID-19 vaccine. ❄️ Don't delay – if you're eligible, book now at: ✅ your GP practice ✅ a community pharmacy ✅ on the NHS website ✅ the NHS App ✅ or call 📞 119 👉 Find out more: nhs.uk/vaccinations	

	👉 Find out more: nhs.uk/vaccinations #BeWiseImmunise	👉 Find out more: nhs.uk/vaccinations #BeWiseImmunise	#BeWiseImmunise	
Flu myth busting videos				
The flu vaccine gives you flu	💉 Flu myth: The flu vaccine can give you flu. ❌ Busted! The flu vaccine can't give you flu. It doesn't contain live flu viruses. You might have a sore arm or feel a little achy afterwards, but these side effects are usually mild and don't last long. Stay safe this winter protect yourself against Flu ✅ 📅 Book today 👉 nhs.uk/vaccinations	💉 Flu myth: The flu vaccine can give you flu. ❌ Busted! The flu vaccine can't give you flu. It doesn't contain live flu viruses. You might have a sore arm or feel a little achy afterwards, but these side effects are usually mild and don't last long. Stay safe this winter protect yourself against Flu ✅ 📅 Book today 👉 nhs.uk/vaccinations	💉 Flu myth: The flu vaccine can give you flu. ❌ The flu vaccine can't give you flu. It doesn't contain live flu viruses. You might have a sore arm or feel a little achy afterwards, but these side effects are usually mild and don't last long. 📅 Book today 👉 nhs.uk/vaccinations	 21 seconds – https://youtu.be/5M_Cd7PLxhs
I've already had flu, so I'm protected	💉 Flu myth: I've already had flu, so I'm protected. ❌ Busted! Having flu before doesn't mean you're fully protected. Different	💉 Flu myth: I've already had flu, so I'm protected. ❌ Busted! Having flu before doesn't mean you're fully protected. Different	💉 Flu myth: I've already had flu, so I'm protected ❌ Having flu before doesn't mean you're fully protected. Different strains of flu circulate, and they can change over time.	

	strains of flu circulate, and they can change over time. Getting vaccinated each year helps protect you against the flu viruses most likely to be circulating that winter. Stay safe this winter protect yourself against Flu ✅ 📅 Book today 👉 nhs.uk/vaccinations	strains of flu circulate, and they can change over time. Getting vaccinated each year helps protect you against the flu viruses most likely to be circulating that winter. Stay safe this winter protect yourself against Flu ✅ 📅 Book today 👉 nhs.uk/vaccinations	Stay safe this winter protect yourself against Flu ☑ 📅 Book today 👉 nhs.uk/vaccinations	 24 seconds - https://youtu.be/FLthVJYHaFg
I had my flu jab last year	💉 Flu myth: I had my flu jab last year, so I'm still protected. ❌ Busted! Flu viruses can change from year to year, and protection from the vaccine reduces over time. That's why it's important to get your flu vaccine every year for the best protection this winter. Stay safe this winter protect yourself against Flu ✅ 📅 Book today 👉 nhs.uk/vaccinations	💉 Flu myth: I had my flu jab last year, so I'm still protected. ❌ Busted! Flu viruses can change from year to year, and protection from the vaccine reduces over time. That's why it's important to get your flu vaccine every year for the best protection this winter. Stay safe this winter protect yourself against Flu ✅ 📅 Book today 👉 nhs.uk/vaccinations	💉 Flu myth: I had my flu jab last year, so I'm still protected ❌ Flu viruses can change from year to year, and protection from the vaccine reduces over time. Stay safe this winter protect yourself against Flu ✅ 📅 Book today 👉 nhs.uk/vaccinations	 20 seconds - https://youtu.be/J6zULIsmvfg

People at high risk

Post	Instagram	Facebook	X	Visual/film
Tom - Diabetes	✨ "Prevention is easier than dealing with the illness itself." 💙 Tom, who has Type 1 Diabetes, knows winter can be tough on his immune system — that's why he gets his flu vaccine every year. 💉 Stay safe this winter protect yourself against Flu ✅ 📅 Book today 👉 nhs.uk/vaccinations #BeWiseImmunise ❄️	✨ "Prevention is easier than dealing with the illness itself." 💙 Tom, who has Type 1 Diabetes, knows winter can be tough on his immune system — that's why he gets his flu vaccine every year. 💉 Stay safe this winter protect yourself against Flu ✅ 📅 Book today 👉 nhs.uk/vaccinations #BeWiseImmunise ❄️	"Prevention is easier than trying to deal with the illness itself." Tom has Type 1 Diabetes and knows that winter can be tough on his immune system. Every year, he gets his winter flu vaccination to stay safe. 📅 Book today 👉 nhs.uk/vaccinations #BeWiseImmunise ❄️	

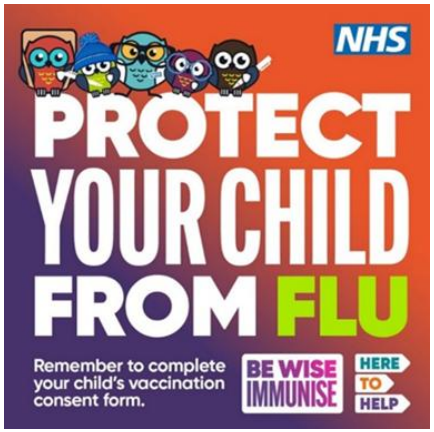
Alison – what to do it you have concerns over getting your vaccinations	🤝 Disability community champion Alison advises who can support you If you're feeling unsure or have any questions about getting your flu or COVID-19 vaccinations. 👉 Talk to someone you trust, like: 🩺 Your doctor, nurse or pharmacist 👩‍⚕️ A healthcare professional who knows your needs 🗓️ Book your vaccines today at 👉 nhs.uk/vaccinations #BeWiseImmunise ❄️	🤝 Disability community champion Alison advises who can support you If you're feeling unsure or have any questions about getting your flu or COVID-19 vaccinations. 👉 Talk to someone you trust, like: 🩺 Your doctor, nurse or pharmacist 👩‍⚕️ A healthcare professional who knows your needs 🗓️ Book your vaccines today at 👉 nhs.uk/vaccinations #BeWiseImmunise ❄️	🤝 Disability champion Alison says: you're not alone when deciding about flu or COVID-19 vaccines. 🩺 Talk to your doctor, nurse, pharmacist or a trusted healthcare professional. 🗓️ Book your vaccines today at 👉 nhs.uk/vaccinations #BeWiseImmunise ❄️	Alison video (23 seconds) - https://youtu.be/heLOuUwlPl0
Defences down – double up	Defences down? Double up! If you have certain health conditions, you're at higher risk of serious complications from flu and COVID-19. 💉 Protect yourself this winter by getting both vaccines. It's one of the best ways to stay safe and avoid hospital visits.	Defences down? Double up! If you have certain health conditions, you're at higher risk of serious complications from flu and COVID-19. 💉 Protect yourself this winter by getting both vaccines. It's one of the best ways to stay safe and avoid hospital visits.	Defences down? Double up! If you have certain health conditions, you're at higher risk of serious complications from flu and COVID-19. 💉 Protect yourself — get BOTH vaccines to stay safe! 🗓️ Book your winter vaccines today 👉 nhs.uk/vaccinations #BeWiseImmunise	

	🗓️ Book your winter vaccines today 👉 nhs.uk/vaccinations #BeWiseImmunise	🗓️ Book your winter vaccines today 👉 nhs.uk/vaccinations #BeWiseImmunise		

Close contacts of immunosupressed (flu only)

Post	Instagram	Facebook	X	Visual/film
Immunosuppressed close contacts	🏠 Does someone you live with have a weakened immune system due to illness or treatment? 💙 You can help keep them safe by getting your free flu vaccine. 🗓️ Book now at your GP, local pharmacy, NHS website, NHS app, or call 119. Find out more at www.nhs.uk/vaccinations/flu-vaccine #BeWiseImmunise	🏠 Does someone you live with have a weakened immune system due to illness or treatment? 💙 You can help keep them safe by getting your free flu vaccine. 🗓️ Book now at your GP, local pharmacy, NHS website, NHS app, or call 119. Find out more at www.nhs.uk/vaccinations/flu-vaccine #BeWiseImmunise	💙 Protect the ones you love. If someone you live with has a weakened immune system, your free flu vaccine can help keep them safe. 🗓️ Book today: GP, pharmacy, NHS app, NHS site or call 119. Find out more at www.nhs.uk/vaccinations/flu-vaccine #BeWiseImmunise	

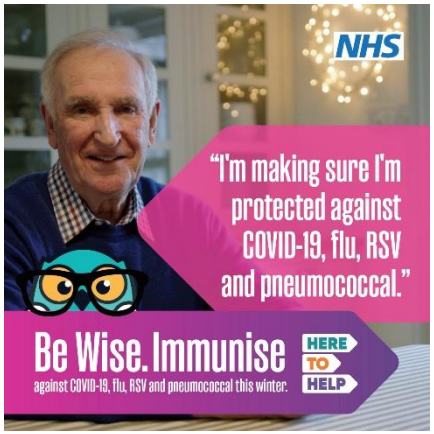
Children at Risk

Children at risk	💡 Did you know? If your child is aged 6 months to 18 years and is at clinical risk, they're eligible for a free flu nasal spray vaccine and a COVID-19 booster this winter. Book today and find out more: nhs.uk/vaccinations ✨ Be wise, immunise.	💡 Did you know? If your child is aged 6 months to 18 years and is at clinical risk, they're eligible for a free flu nasal spray vaccine and a COVID-19 booster this winter. Book today and find out more: nhs.uk/vaccinations ✨ Be wise, immunise.	💡 Did you know? If your child is aged 6 months to 18 years and is at clinical risk, they're eligible for a free flu nasal spray vaccine and a COVID-19 booster this winter. Book today and find out more: nhs.uk/vaccinations ✨ Be wise, immunise.	
Flu and COVID-19 children at risk	Please remember to sign and return your child's flu vaccination consent form from school. All school children are eligible for a free flu nasal spray this year. If your child is clinically at risk, they will also be eligible for a COVID-19 autumn booster. Find out more: nhs.uk/vaccinations #BeWiseImmunise	Please remember to sign and return your child's flu vaccination consent form from school. All school children are eligible for a free flu nasal spray this year. If your child is clinically at risk, they will also be eligible for a COVID-19 autumn booster. Find out more: nhs.uk/vaccinations #BeWiseImmunise	Remember to sign and return your child's flu vaccination consent form from school. If your child is clinically at risk, they will also be eligible for a COVID-19 autumn booster. nhs.uk/vaccinations #BeWiseImmunise	

Carers

Carers	Are you a carer? Do you look after someone who can't cope without your help? Be wise, immunise against flu this year & get your free vaccination - protect yourself and those you care for. Find out more - nhs.uk/vaccinations #BeWiseImmunise	Are you a carer? Do you look after someone who can't cope without your help? Be wise, immunise against flu this year & get your free vaccination - protect yourself and those you care for. Find out more - nhs.uk/vaccinations #BeWiseImmunise	Are you a carer? Do you look after someone who can't cope without your help? Be wise, immunise against flu this year & get your free vaccination - protect yourself and those you care for. Find out more - nhs.uk/vaccinations #BeWiseImmunise	

Over 75s

John's advice	If you are eligible, make sure you are up to date with your COVID-19, flu, RSV and pneumococcal vaccinations. Getting vaccinated can reduce your risk of becoming seriously unwell and needing hospital treatment. 🗓️ Book your winter vaccines	If you are eligible, make sure you are up to date with your COVID-19, flu, RSV and pneumococcal vaccinations. Getting vaccinated can reduce your risk of becoming seriously unwell and needing hospital treatment. 🗓️ Book your winter vaccines	If you are eligible, make sure you are up to date with your COVID-19, flu, RSV and pneumococcal vaccinations. 🗓️ Book your winter vaccines now 👉 Visit the NHS app or www.nhs.uk/vaccinations #BeWiseImmunise	

	now 👉 Visit the NHS app or www.nhs.uk/vaccinations #BeWiseImmunise	now 👉 Visit the NHS app or www.nhs.uk/vaccinations #BeWiseImmunise		
Margaret's advice	Don't wait, don't hesitate — protect yourself today! We're lucky to have this protection, so take advantage & look after YOU. 🗓️ Book your winter vaccines now 👉 Visit www.nhs.uk/vaccinations #BeWiseImmunise	Don't wait, don't hesitate — protect yourself today! We're lucky to have this protection, so take advantage & look after YOU. 🗓️ Book your winter vaccines now 👉 Visit www.nhs.uk/vaccinations #BeWiseImmunise	Don't wait, don't hesitate — protect yourself today! We're lucky to have this protection, so take advantage & look after YOU. 🗓️ Book your winter vaccines now 👉 Visit www.nhs.uk/vaccinations #BeWiseImmunise	Margaret video (21 seconds) - https://youtu.be/yM-g6E3ZwwM
Trusted voices				
Dr Alex Kent – GP and ICB medical director	Dr Alex Kent on winter vaccinations! Why is it important to get vaccinated? 🎥 Watch now & take the step to protect yourself	Dr Alex Kent on winter vaccinations! Why is it important to get vaccinated? 🎥 Watch now & take the step to protect yourself	Dr Alex Kent on winter vaccinations! Why is it important to get vaccinated? 🎥 Watch now & take the step to protect yourself	Dr Alex Kent (21 seconds) https://youtu.be/4NelBRynICQ

	📅 Book your vaccines today 👉 www.nhs.uk/vaccinations #BeWiseImmunise	📅 Book your vaccines today 👉 www.nhs.uk/vaccinations #BeWiseImmunise	📅 Book your vaccines today 👉 www.nhs.uk/vaccinations #BeWiseImmunise	
Dr Catherine Monaghan – deputy medical director University hospital tees	💉 You can now get BOTH your flu & COVID-19 vaccinations (if eligible)! 😷 Protect yourself *and* those around you this winter. 📲 Book online today to secure your spot & stay protected. ℹ️ Not sure if you're eligible? Visit 👉 www.nhs.uk/vaccinations #BeWiseImmunise	💉 You can now get BOTH your flu & COVID-19 vaccinations (if eligible)! 😷 Protect yourself *and* those around you this winter. 📲 Book online today to secure your spot & stay protected. ℹ️ Not sure if you're eligible? Visit 👉 www.nhs.uk/vaccinations #BeWiseImmunise	💉 You can now get BOTH your flu & COVID-19 vaccinations (if eligible)! 😷 Protect yourself *and* those around you this winter. 📲 Book online today to secure your spot & stay protected. ℹ️ Not sure if you're eligible? Visit 👉 www.nhs.uk/vaccinations #BeWiseImmunise	Dr Catherine Monaghan (22 seconds) - https://youtu.be/6jVRgbiMygY

Reactive Posts – to be used if flu arrives early

1	🦠 Flu isn't coming – it's here already! Flu season has started early this year, and it's spreading fast 🦠 If you're eligible, get your flu vaccine now! Don't wait until it's too late – protect yourself today 💉 Find out if you are eligible for a free flu vaccine and book now 👉 www.nhs.uk/vaccinations #BeWiseImmunise	🦠 Flu isn't coming – it's here already! Flu season has started early this year, and it's spreading fast 🦠 If you're eligible, get your flu vaccine now**!** Don't wait until it's too late – protect yourself today 💉 Find out if you are eligible for a free flu vaccine and book now 👉 www.nhs.uk/vaccinations #BeWiseImmunise	Flu's not coming — it's already here 🦠 Get vaccinated before it gets you 💉 Check your eligibility & book now 👉 www.nhs.uk/vaccinations #BeWiseImmunise	Dr Catherine Monaghan (17 seconds) - https://youtu.be/lutVIU2TbkY
2	🦠 Flu isn't coming – it's already here! It's spreading fast and arrived early this year 🕒 Older people, pregnant women and those with health conditions are most at risk. 💉 Getting your flu vaccine protects you and the people you	🦠 Flu isn't coming – it's already here! It's spreading fast and arrived early this year 🕒 Older people, pregnant women and those with health conditions are most at risk. 💉 Getting your flu vaccine protects you and the people you	🦠 Flu is spreading fast and arrived early this year 🕒 Older people, pregnant women and those with health conditions are most at risk. 💉 Get your flu vaccine to protect yourself. 👉 If you are eligible book now at www.nhs.uk/vaccinations, on	Dr Catherine Monaghan (17 seconds) - https://youtu.be/lutVIU2TbkY

	care about. Don't wait until it's too late – find out if you are eligible and 👉 Book today at www.nhs.uk/vaccinations, on the NHS App, or call **119**. #BeWiseImmunise	care about. Don't wait until it's too late – find out if you are eligible and 👉 Book today at www.nhs.uk/vaccinations, on the NHS App, or call **119**. #BeWiseImmunise	the NHS App, or call **119**. #BeWiseImmunise	

National assets		
A guide to the autumn COVID-19 vaccination	https://assets.publishing.service.gov.uk/media/68b8a19fb0a373a01819fdce/UKHSA_COVID-19_patient_leaflet_autumn_2025_programme_WEB.pdf	
Information on COVID-19 easy read guide	https://www.gov.uk/government/publications/covid-19-vaccination-easy-read-resources/information-on-covid-19-vaccination-easy-read-guide	
Flu	Easy read posters and leaflets on flu Simple text flu leaflets for adults and children	

British Islamic Flu Vaccination Guidance	BIMA Flu Vaccination Guidance | British Islamic Medical Association	