



MAKING
EVERY
CONTACT
COUNT

Immunisation

pre-school, adolescent, adults



Key messages

- After clean water, vaccination is the most effective public health intervention in the world for saving lives and promoting good health. It is estimated that vaccination prevents between 2 and 3 million deaths each year.
- Vaccines protect us, and our loved ones, from serious and potentially fatal diseases. If people are not vaccinated, diseases that have become uncommon such as whooping cough, polio and measles, will re-emerge.
- 95% of children have to be immunised to stop a disease from spreading.
- Vaccines are safe and effective. We are more likely to be seriously ill from vaccine preventable diseases than by a vaccine.
- Vaccines cannot give the disease they are designed to prevent.
- The routine vaccination schedule starts from 2 months to 65 years and over. Other vaccines are available for those with complex health needs or those who are more at risk

Other important messages to share

- In the first few weeks, babies are protected from diseases by antibodies passed from their mother. Once this immunity wears off, babies become vulnerable to infectious disease which is why it is very important for babies to be immunised on schedule.
- If you or your child have missed a vaccination appointment or delayed an immunisation, make a new appointment at your GP practice as soon as possible. You can usually pick up the immunisation schedule where it stopped without having to start again.
- Adults aged 65 years and over can be protected against potentially fatal pneumococcal infections, which can lead to pneumonia, septicaemia and meningitis. The pneumococcal vaccine provides lifetime cover.
- Those turning 65, aged 70-79 years or individuals aged 50+ at risk of serious illness are eligible for the shingles vaccine. Shingles is caused by the reawakening of the chickenpox virus. 1 in 4 people who have had chickenpox will go on to get shingles and the older you are, the worse it can be.
- The flu is a serious disease which kills up to 500,000 people worldwide each year. The flu vaccine is offered annually and is especially important for people at higher risk of flu complications and for those who live with or care for high risk individuals. The vaccine DOES NOT cause the flu.
- Covid-19 vaccination - spring boosters are offered to those aged 75+, those with a weakened immune system and residents of older adult care homes. Autumn boosters are offered to those aged 65+, health and social care staff, those who live with and / or care for high-risk individuals.

Why is it important?

Vaccines save lives and improve health outcomes. Children, adolescents, adults and the elderly should be protected from life threatening, vaccine preventable diseases. A vaccine preventable disease may only make you sick for a small amount of time however, it could prove deadly for your loved ones.

When you get vaccinated, you are protecting not just yourself but everyone you come into contact with.

Self-help and local services:

Find out more information about vaccinations for all ages at www.nhs.uk/conditions/vaccinations/

You can also speak to your local pharmacy or GP practice about vaccinations.

If you have a child who is **under 5 years of age** you can contact your Health Visiting Team. You can find their contact details at www.healthydudley.co.uk/0-12-months/health-visitors/

Information for **School aged vaccinations** is available at www.schoolvaccination.uk/

Get involved:

Be open - talk about immunisation with your family, close friends and colleagues. Encourage them to protect their health by immunising against preventable diseases.

Provide support for friends and family to attend immunisation services to increase their confidence and enable them to be proactive in keeping themselves healthy.



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