



Pocket guide to free NHS vaccines

This guide tells you about vaccines you are eligible for if you are **sleeping outside**, or in a **homeless hostel** or a **night shelter**.



If you are sleeping outside, you can be more vulnerable to catching illness that affects your lungs and breathing.

NHS vaccines are free

Having your vaccines can help protect you from becoming unwell from diseases that can be serious.



Free flu vaccine every year

Try to have it between October and the end of November, but you can still get the vaccine later in the winter.

Try to have it before the weather turns cold.



It's a very small injection in your upper arm.

Side effects are very mild such as feeling a bit hot and having a warm achy arm.

You can take paracetamol from the pharmacy or supermarket to help make you feel better.



Pneumonia vaccine

This infection can cause illnesses like bronchitis, ear and sinus infections. It can also cause serious illnesses, such as pneumonia and meningitis. The vaccine helps to stop you getting ill. You catch it from people who are coughing and sneezing and being close to people who have it.

You only need one injection for the best protection. You might have an achy arm and feel feverish for a day or so.



If I need more information I can visit www.nhs.uk/register or call NHS **111** for help

- ☐ I may need help filling in forms
- ☐ I may need help reading and understanding
- ☐ I would like to speak to someone confidentially
- ☐ I need a translator and speak _____

A blue line-art icon depicting an elderly man with a cane on the left and a pregnant woman with a heart on her belly on the right.

People who inject drugs should have hepatitis A and hepatitis B vaccines to protect them from these infections that damage the liver. You can get them at sexual health services or drug services

Childhood vaccinations which you may have missed e.g. MMR, diphtheria, tetanus, polio. These are still dangerous in adults. It is never too late to catch up on these vaccines

do not like needles. The nurse at your
w to help you to relax.


 vaccines, you can find information **here** or speak to a pharmacist or other health professional.

I have the right to register and receive

here <https://002>

here <https://002>