

**Winter 2022 Vaccination Programme Information
and
Question & Answer document**

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1. Winter Vaccines (Flu and COVID-19 Vaccination)

The winter vaccination programme in Scotland is underway and eligible groups are being invited – with the focus on protecting the most vulnerable first.

Some groups will be offered both COVID-19 and Flu vaccination. It is safe to get the Flu and COVID-19 vaccines at the same time.

Vaccines boost your immunity. As protection reduces over time, it is important to have the vaccines when you are offered them.

Don't let your protection fade.

Who is being offered both vaccines?

NHS Scotland recommends you have both the flu and COVID-19 vaccines this year if you're:

- aged 50 years or over
- a resident or staff working in a care home for older adults
- a younger adult in long stay nursing and residential care settings
- a frontline health or social care worker
- aged 5 to 49 years with an eligible health condition, including those with poorly controlled asthma
- aged 5 to 49 years and are a household contact of someone with a weakened immune system
- an unpaid carer or a young carer (16 years or over)
- pregnant.

Who is being offered the flu vaccine?

The flu vaccine is also recommended for:

- people aged 16 to 49 years with an eligible health condition, including well controlled asthma
- children aged 6 months to 2 years with an eligible health condition
- all children aged 2 to 5 years (not yet at school)
- all primary and secondary school pupils
- non-frontline NHS workers
- nursery, primary and secondary school teachers and pupil-facing support staff in local authority or independent settings
- prison population, prison officers and support staff who deliver direct front-facing detention services.

What are the eligible health conditions?

- respiratory disease
- heart disease
- kidney disease
- neurological disease
- liver disease
- diabetes
- those undergoing chemotherapy
- those taking medication that reduces immunity

A full list of eligible conditions is available at [The coronavirus \(COVID-19\) vaccine and health conditions | NHS inform](#)

There is an [online self help guide on NHS Inform](#) which explains the flu and COVID-19 vaccines you're eligible for, and when and how you'll be offered them by NHS Scotland.

For those aged 16 and over:

For more information on eligible groups, read the [Flu and COVID-19 vaccines winter vaccines leaflet](#)

Timeline for delivery of winter vaccines:

All people aged 65 or over should have received a scheduled appointment for COVID-19 and flu vaccinations by now. If you have not yet received this, you can [book an appointment online](#).

Frontline health and social care workers, and non-frontline NHS workers can [book appointments online](#) now.

People aged 5 and over, who are at higher risk of coronavirus or flu due to an underlying health condition, should have received an appointment letter for winter vaccines via post, email or text.

If you're pregnant, speak to your midwife about getting the flu and COVID-19 vaccines.

If you're aged 50 to 64 with no additional risk factors, you should have received a letter with instructions on booking your winter vaccines [appointment online](#).

Can people reschedule appointments?

People aged 12 and over can [reschedule](#) appointments online.

Videos explaining how to book or re-arrange your appointment using the online system are available at [Winter vaccines | NHS inform](#)

Winter Programme: Children and School based programmes

Delivery of flu vaccination to all primary and secondary pupils has started in schools across Scotland. Teachers and pupil facing support staff are also eligible.

Child Health teams and some nursery schools are delivering flu vaccination to 2-5 year olds who are not yet at school. Children must be 2 years old on 1st September 2022 to be eligible. For more information on the Child Flu Vaccination Programme see www.nhsinform.scot/childflu

If your child misses their flu vaccination appointment and you want to rearrange this, please contact your local health board.

Home-educated children are also eligible for the flu vaccine. To arrange an appointment, please contact your local health board.

[Further information on how to contact your local health board.](#)

If you require publications or documents in another language or an alternative format such as large print, braille and audio, please contact Public Health Scotland publications - phs.otherformats@phs.scot

Does the nasal spray flu vaccine contain pork gelatine?

The nasal spray flu vaccine contains a highly processed form of gelatine (pork gelatine) which is used in many essential medicines. The gelatine helps keep the vaccine viruses stable so that the vaccine provides the best protection against flu.

Many faith groups, including [The British Fatwa Council](#) and The Kashrus and Medicines Information Service have approved the use of vaccines containing gelatine.

The nasal spray flu vaccine is a more effective vaccine than the injected flu vaccine and is the preferred option for children.

If you do not want your child to get the nasal spray flu vaccine for religious reasons, you may request that your child is given the vaccine by injection by ticking the appropriate box on the consent form.

2. Ongoing COVID-19 vaccination offer for children and young people

COVID-19 vaccine for children and young people aged 5 to 15 years

All children and young people aged 5 to 15 (on 31 August 2022) are eligible for 2 doses of the coronavirus (COVID-19) vaccine. The number of additional doses they may be eligible for depends on their age and if they have any additional risk factors.

For more information about COVID-19 vaccination for children and young people, see [Coronavirus \(COVID-19\) vaccine for children and young people aged 5 to 15 | NHS inform](#)

[COVID-19 vaccine leaflet – 5 to 15 year olds](#)
[COVID-19 vaccine leaflet - at risk 5 to 15 year olds](#)

Time between doses

Children and young people aged 5 to 15 will be offered a second dose of the vaccine from 12 weeks after their first dose.

If they have additional risk factors, children aged 5 to 15 years will be offered their second dose of the vaccine 8 weeks after their first dose.

Recent coronavirus infection

Children and young people aged 5 to 15 years who have recently had a confirmed coronavirus infection should wait 12 weeks from date of test or first symptoms (whichever is earlier) to get the vaccine.

If they have additional risk factors, children aged 5 to 15 years should wait 4 weeks from the date of test or first symptoms (whichever is earlier) to get the vaccine. Additional risk factors are:

- being at higher risk from COVID-19 due to an underlying health condition
- sharing living accommodation, on most days, with someone who has a [weakened immune system](#)

Their parent/carer can phone the Helpline to reschedule or for any information on 0800 030 8013.

My child is quite concerned about vaccination. Are there any resources to help prepare them?

See this [video on What to expect at your COVID-19 vaccination appointment](#)

The British Psychological Society has produced some helpful resources to help prepare for vaccination. See the resources section for links.

Ongoing COVID-19 vaccination offer for Adults

Accessing COVID-19 vaccine primary doses

Adults (aged 16 and over) who have not received any COVID-19 vaccines are eligible for 2 primary doses of the COVID-19 vaccine plus a booster dose and should have already been offered these by NHS Scotland.

If you were invited in the past, and did not attend, you can book another appointment online or phone the national vaccination helpline on 0800 030 8013. If you have a severely weakened immune system, you will also be eligible for a third primary dose.

If you have never received a blue vaccine invitation letter, you can register online for an appointment. This allows NHS Scotland to send you alerts and information digitally rather than through the post. You need to be registered with a GP practice to use this service.

[Use the coronavirus vaccine registration service if you've never received a coronavirus vaccine or a blue letter](#)

If you aren't registered with a GP practice, you can phone the national vaccination helpline on 0800 030 8013.

How can people find out how many doses they are eligible for?

An interactive guide to help people see how many doses of the vaccine they or their children are eligible for and how they will be offered to them is available at www.nhsinform.scot/who-will-be-vaccinated.

What is the ‘third primary dose’ for people with a severely weakened immune system?

A third primary dose is an extra ‘top-up’ dose to help increase the level of protection for people who may not have generated a full immune response to the first two doses and might be less protected than the wider population. A third primary dose of the COVID-19 vaccine is available for people aged 5 years and over with a severely weakened immune system given ideally 8 weeks after their second dose.

A third primary dose is different to a booster dose. A booster dose is an additional dose to extend the protection from the primary course of vaccinations.

People aged 12 years and over who have received a third dose can also receive a booster dose from 12 weeks after their third dose.

Information on eligibility for a third dose is available at www.nhsinform.scot/covid19vaccinethirddose.

Guidance for people who have previously been ill with COVID-19

Even if people have already been ill with COVID-19, they could still get it again. If people do get it again, the vaccine can reduce how serious the symptoms will be and prevent hospitalisation.

Adults aged 18 years and over who have recently had a confirmed COVID-19 infection should wait 4 weeks from date of test or first symptoms (whichever is earlier) to get the vaccine.

If a young person aged 16 to 17 has recently had a confirmed coronavirus infection, they should wait 12 weeks from date of test or first symptoms (whichever is earlier) to get the vaccine. If they have additional risk factors or live with someone who has a weakened immune system, they can have their vaccine from 4 weeks from date of test or first symptoms.

Can I get the COVID-19 vaccine if I have recently had another vaccine?

It is safe to have your COVID-19 vaccine at the same time as other vaccines. The only exception to this is the shingles vaccine. You should ideally wait seven days between the coronavirus (COVID-19) vaccination and shingles vaccination. You can speak to a healthcare professional about getting other vaccines at the same time as your shingles vaccine, so they can advise what's best for your individual circumstances.

How do people find out the date they received their previous dose?

People can visit www.nhsinform.scot/vaccinebooking and log in to find their previous dose appointment date. If people are unable to do this, they can call the national vaccination helpline on 0800 030 8013.

How can people log in to the online portal?

People aged 12 years and over can use the online portal www.nhsinform.scot/vaccinebooking. If people have lost or forgotten their vaccination username or password, they can create new ones.

A video explaining how to book using the online system is available at [Winter vaccines | NHS inform](#)

What if people don't have a computer or a smart phone?

People don't need a computer or smart phone to book an appointment. They can book via the national vaccination helpline on 0800 030 8013. The helpline will find a suitable appointment for them.

Does the national vaccination helpline have access to additional appointments?

No, the helpline does not have access to additional appointments. If people cannot find an appointment that suits them online, they should check back later as new appointments are being added each day.

Are all Health Boards using the online portal and vaccination helpline?

NHS Orkney are following local arrangements for winter vaccinations. If you live in Orkney please do not use the online booking portal to book or rearrange. For more information and local arrangements visit the [NHS Orkney website](#).

If you live in NHS Shetland you'll be contacted about your winter vaccination appointment. Please do not use the online booking portal to book or rearrange.

What if people have received doses of the COVID-19 vaccine in England, but now live in Scotland?

People should call the national vaccination helpline on 0800 030 8013 to create a Community Health Index (CHI) number, in order to create a vaccination record in Scotland so that they can have an appointment booked.

What if people have moved from one area of Scotland to another?

People aged 12 or over can book an appointment at www.nhsinform.scot/vaccinebooking or by calling the national vaccination helpline on 0800 030 8013. Appointments for people under 12 years can only be made or rearranged by calling the national helpline on 0800 030 8013.

Can pregnant women have the COVID-19 vaccine?

Yes, the COVID-19 vaccine is strongly recommended in pregnancy. Vaccination is the best way to protect pregnant women and their babies against the known risks of COVID-19 in pregnancy.

The JCVI has advised that pregnant women of any age should be prioritised as a clinical risk group for COVID-19 vaccination.

It is important that pregnant women get all the recommended doses of the COVID-19 vaccine, including the booster, as soon as possible. The vaccine can be given at any stage during pregnancy.

For more information visit www.nhsinform.scot/covid19vaccinepregnancy.

3. Resources

For COVID-19 vaccine resources (including those in other languages and formats) please see below.

COVID-19 vaccination programme resources:

- Public-facing information is available at www.nhsinform.scot/covid19vaccine.
- Videos explaining how to book or re-arrange your appointment using the online system are available at [Winter vaccines | NHS inform](#)
- [COVID-19 vaccine for children and young people aged 5 to 15 | NHS inform](#)
- Information for professionals, including those who support people to take up their offer of vaccination, is available on the Public Health Scotland website at www.publichealthscotland.scot/covidvaccineresources
- Information is available from the British Psychological Society to help prepare your child for their vaccine:
 - [Preparing for a blood test or vaccine - advice for children aged 5-11.pdf \(bps.org.uk\)](#)
 - [Preparing for a blood test or vaccine - advice for young people aged 12-18.pdf \(bps.org.uk\)](#)
 - [Preparing for a blood test or vaccine - information for parents and carers to support children and young people.pdf \(bps.org.uk\)](#)
- Information materials in other languages and formats are available at www.nhsinform.scot/covid19vaccineleaflets.
- Information is available in other languages at www.nhsinform.scot/covid19vaccinelanguages including information in the following languages (other languages are available, too):

- The Scottish Government has developed a range of social media assets and resources to support current messages about the COVID-19 vaccine programme at:
<https://sgmarketing-newsroom.prgloo.com/resources/f/covid-19-campaigns/covid-19-vaccines>

Web2Print

Web2Print is an online print portal hosted by Public Health Scotland. This free resource allows Health Boards, local authorities and other external partners to customise national resources for use in their local area.

Some winter vaccine materials can be ordered and customised using [Web2Print](#).

How to register for Web2Print

Send your name, job title, organisation, email address, postal address (including postcode) and contact number to p hs.web2print@p hs.scot to start the registration process.