

# Autumn booster

## Why do I need a booster jab?

A booster jab is an extra dose of a vaccine .



A vaccine is medicine that helps your body to fight an infection in the future.



After a while, most vaccines do not work as well as when they are first injected into your body.



The government says that a booster jab will make it less likely that you will need to go to hospital if you get coronavirus.



The booster jab people can get at the moment is called the autumn booster.



## Who can have the autumn booster?



You can have the autumn booster if you are:

- 75 years old or over
- living in a care home for older people
- 5 years old or over and have a weak immune system



Your immune system is how your body fights off infections, like a cold or the flu.



You can also have the autumn booster if:

- you work in health or social care and see the people you support
- you are a paid or unpaid carer aged 16 or over
- someone in your family has a weak immune system

## Who should not have the autumn booster?



You should not have your autumn booster if you are unwell or if you have coronavirus.



If you are unwell, wait until you feel better.



If you have coronavirus, it is a good idea to wait for 4 weeks before you have your autumn booster.



If you were very unwell after a coronavirus vaccination, you should talk to your GP to see if it is a good idea to have the autumn booster.



If you live in a care home, talk to a member of staff or the manager about how to get your booster.



## Reasonable adjustments

If you are having a vaccination, we have made an easy read about the [vaccine reasonable adjustments](#) you could ask for.



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