**Who can have the Flu vaccine?**

Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications.

Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

However, flu can be more severe in certain people, such as:

* anyone aged 65 and over
* pregnant women
* children and adults with an underlying health condition (such as long-term heart or respiratory disease)
* children and adults with weakened immune systems

**Flu nasal spray vaccination**

The flu vaccine is routinely given on the NHS as an annual nasal spray to:

* children aged 2 and 3 plus children in reception class and school years 1, 2, 3 and 4
* children aged 2 to 17 years at a particular risk

**Who can have the shingles vaccine?**

You are eligible for the shingles vaccination if you are aged 70 or 78 years old.

In addition, anyone who was previously eligible but missed out on their shingles vaccination remains eligible until their 80th birthday.

The shingles vaccine is not available on the NHS to anyone aged 80 and over because it seems to be less effective in this age group.

You can have the shingles vaccination at any time of year, as soon as you turn 70 or 78.

**Who can have the Pneumonia vaccine?**

A pneumococcal infection can affect anyone. However, some people are at higher risk of serious illness and can be given the pneumococcal vaccination on the NHS. These include:

* babies
* adults aged 65 or over
* children and adults with certain long-term health conditions, such as a serious heart or kidney condition

**How often is the pneumococcal vaccine given?**

* Babies receive the pneumococcal vaccine as three separate injections, at 8 weeks, 16 weeks and 1 year old.
* People over 65 only need a single pneumococcal vaccination, which will protect for life. It's not given annually like the flu jab.
* People with a long-term health condition may need just a single one-off pneumococcal vaccination or five-yearly vaccination, depending on their underlying health problem.