

## MMRV (measles, mumps, rubella & chickenpox) vaccine

The MMRV vaccine is a safe and effective combined vaccine that replaced the MMR vaccine in the routine schedule on 1 January 2026. It protects your child against four serious illnesses in fewer injections:

- measles
- mumps
- rubella (german measles)

These conditions are highly infectious and can spread easily between unvaccinated people.

Getting vaccinated is important, as these conditions can also lead to serious problems including meningitis, hearing loss and problems during pregnancy.

### Childhood Immunisation

Childhood immunisation is an important aspect of your child's healthcare. We offer routine childhood immunisations, which are given by our Practice Nurses or other Healthcare Professionals in accordance with the NHS Vaccination Schedule.

Routine childhood immunisations include Diphtheria, Tetanus, Whooping Cough (Pertussis), Polio and Haemophilus influenza type B immunisation, Measles, Mumps, Rubella, Chickenpox (Varicella), Meningitis B, Meningitis C, Pneumococcus, Rotavirus, Hepatitis B, and Seasonal

For more **Vaccination Information** scan the QR code below or visit [www.barcellosfamilypractice.co.uk/vaccinations](http://www.barcellosfamilypractice.co.uk/vaccinations)



This leaflet has been developed with the input of The Barcellos Family Practice Patient Participation Group.



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# Stay Protected Stay Healthy!



## Patient Information Leaflet:

### Know your Vaccines

Vaccines are one of the safest and most effective ways to **protect yourself, your family, and your community** from serious diseases and can help at **every stage of life**.

#### Why Vaccinate?

- ✓ To **prevent** serious illnesses like flu, measles, and pneumonia
- ✓ To **protect** the more vulnerable, like babies and the elderly
- ✓ To **reduce** the spread of infections in the community
- ✓ To **keep** yourself and your loved ones safe and healthy

This leaflet contains information about the free NHS vaccines that the Practice offers for babies, children, and adults.

If you have any questions after reading this leaflet, please ask to speak to one of our healthcare team who can advise on the right vaccines for you.



## Winter Flu Vaccination

Flu vaccination is important because, while flu is unpleasant for most people, it can be dangerous and even life-threatening for some, particularly those with certain health conditions. Getting vaccinated helps protect individuals from flu and relieves the pressure on the NHS and social care services.

In the UK, the flu vaccination season typically starts in September and runs until March, with the main push for vaccinations occurring between September and early December. This ensures people are protected before flu activity peaks, which usually happens between December and March.

The NHS encourages eligible groups—such as older adults, pregnant women, young children, and those with certain health conditions—to get vaccinated as early as possible in the season.

## Seasonal COVID-10 Vaccination

The COVID-19 vaccine helps protect against COVID-19, which can be a serious or life-threatening illness. People at increased risk of getting seriously ill from COVID-19 are invited to receive the vaccine, which is usually offered by the NHS in spring and early winter.

The COVID-19 vaccines are offered because viruses change, and protection fades over time. It's important to top up your protection if you're eligible.

## Respiratory Syncytial Virus (RSV) Vaccinations

RSV) is a common respiratory virus that can cause serious lung infections. While RSV infection can occur at any age, the risk and severity of RSV and its complications are increased in older adults pregnant women and infants, having a considerable impact on these individuals and NHS services during the winter months.

Patients are offered a single dose of the RSV vaccine on or after their 75th birthday. pregnant women will become eligible as they reach 28 weeks gestation and remain eligible up to birth.

## Shingles Vaccination

The Shingles vaccine helps protect you from shingles, a common, painful skin disease. Everyone aged between 70 and 79 years is eligible for the shingles vaccine up to 79 years of age. From 1 September 2023, the shingles vaccine is gradually being offered to people aged 65 and over as part of an NHS rollout. If you are 65, you will be invited when you reach that age. If you are 66 to 69, you will become eligible over the next few years.

The shingles vaccine will also be available to those aged 50 or over with a severely weakened immune system. Immuno-compromised individuals who have already received 2 doses of their Shingles Vaccine do not need re-vaccination.

## Pneumonia (Pneumococcal) vaccination

This protects against serious and potentially fatal pneumococcal infections, which is caused by the bacterium *Streptococcus pneumoniae* and can lead to pneumonia, septicaemia (a kind of blood poisoning) and meningitis.

Given the higher risk of serious illness, the NHS offers the vaccine to babies, adults aged 65 or over and children and adults who are at risk of pneumococcal infection, such as those with a serious heart or kidney infection including those with severe autoimmunity.

This vaccine is not given annually like the flu jab. Usually you only need a single pneumococcal vaccination. If you have a long-term health condition you may only need a single, one-off pneumococcal vaccination, or a vaccination every 5 years, depending on your underlying health problem.

## Travel Vaccinations

Foreign travel may expose patients to certain infections. Please note that The Barcellos Family Practice does not offer a travel assessment service to patients. So, If you're planning to travel outside the UK, you may wish to contact The Wimborne Travel Clinic based at the Quarter Jack Surgery in Wimborne. To enquire about their services visit [www.dorsettravelclinic.co.uk](http://www.dorsettravelclinic.co.uk) or phone 01202 881693.