

Covid-19 Vaccination – Supporting people who are immunosuppressed

What is this about?

This is a short guide to the Covid-19 vaccines that has been developed for people who are aged 12-years-old and over and are immunosuppressed. It is designed to explain why having your vaccinations is important in order to give you the best possible protection against the virus. Information is also provided about how and when to receive the vaccine.

Why is vaccination important?

COVID-19 is still out there. Vaccination offers you the best protection against becoming seriously unwell, as well as reducing the risk of you passing the virus to loved ones and others around you. It is safe, effective and free for everyone, with thousands of convenient appointments available every day across Suffolk and north east Essex. You do not need to be registered with a GP practice to receive your vaccine.

If you are immunosuppressed, either due to a health condition or medical treatment you are receiving, you may not yet have the best possible protection the vaccine provides because you have not had all of the doses for which you are eligible, or you may not have been vaccinated at all yet. In both cases, we urge you to come forward.

To find out further information please visit [Coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk).

When should I be vaccinated?

1st Primary dose

If you are yet to have your first COVID-19 vaccine, **you can have this at a time convenient to you**. Please see above links to book your appointment or attend a local walk-in clinic.

2nd Primary dose

Like all people who are eligible for a COVID-19 vaccine, it is recommended you receive your **second primary dose EIGHT WEEKS after your first**.

3rd Primary dose

It is recommended you have a third primary dose in addition to your first and second doses. **The third dose should be given EIGHT WEEKS after the second dose**.

1st booster

It is recommended you receive a booster dose if you were aged 12 and over and were immunosuppressed at the time you received your first two doses. **The booster dose can be administered from 91 days after your third primary dose**, in line with the clinical advice on optimal timing.

2nd booster (spring booster campaign)

If you received your first booster, you are eligible for a second booster. **The booster dose can be administered from 91 days after your third primary dose**, in line with the clinical advice on optimal timing.

If you received your first booster dose during the spring vaccination campaign (March 1 to June 30), you **DO NOT** need an additional spring booster dose. You will instead be eligible to receive a booster dose during the Autumn vaccination campaign.

3rd booster (autumn booster campaign)

People who are **immunosuppressed will be eligible to receive a booster dose during autumn**. Further advice will be provided ahead of the campaign launching in September.

How can I get a vaccine?

You should usually be contacted by the NHS when you are due a Covid 19 booster. Please do take up this offer. If you haven't heard from us and you think you may be eligible, then you can book a vaccination yourself and come forward.

As a patient within Suffolk and north east Essex you are welcome to attend a walk-in clinic. Details can be found on the Suffolk and North East Essex Vaccination Service website - <https://sneevaccine.org.uk/> or the NHS Grab A Jab website [Find a walk-in coronavirus \(COVID-19\) vaccination site - NHS \(www.nhs.uk\)](#).

Appointments are also available to book through the National Booking System (NBS) website - [Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](#)

If you have been advised by a health care professional that you require the AZ vaccine, or need to be vaccinated in a hospital setting in west Suffolk, please contact the Suffolk and North East Essex COVID-19 Vaccination Helpline on **0344 257 3961**. If you need to be vaccinated in a hospital setting in north east Essex or east Suffolk, please book an appointment with the East Suffolk and North East Essex Foundation Trust (Ipswich and Colchester hospitals) by emailing covid19AZvaccination@esneft.nhs.uk. Within this email, please include your name, contact details, age and your medical condition.

The NHS has made some changes which means it has never been easier to get your booster if you are immunosuppressed. After booking, you can bring one of several documents to the appointment to confirm you are eligible. This could be a letter from your GP or specialist advising you to get vaccinated, a hospital letter about your condition or medication, or a prescription or medication box with your name and a date on it.

If you don't have any of this evidence to hand, don't worry – just speak to a clinician when you arrive for your appointment.

Whether one of your vaccines is overdue or you haven't had your first yet, please be assured that it isn't too late. We encourage you to book an appointment today.

Where can I go for more help?

Should you have any questions, please do not hesitate to contact the Suffolk and North East Essex COVID-19 Vaccination Helpline on **0344 257 3961** or visit <https://sneevaccine.org.uk/>.