

## SUGGESTED ARTICLES FOR DECEMBER 2025

### **Article 1.**

#### **It's not too late to protect yourself in time for Christmas!**

Free flu vaccinations are still available at GPs and pharmacies for anyone eligible including children aged 2-3 and to school year 11, pregnant women, those people with long term conditions and people aged 65 and over. A vaccination now will offer protection in time for Christmas. Evidence shows that the vaccines are working against the strains of flu circulating this year and cases are rising so if you are anyone you know is eligible and hasn't had a flu vaccination [book in today!](#)

People aged 75-79 and pregnant women are also eligible for a free RSV vaccination which protects against [Respiratory Syncytial Virus \(RSV\)](#), another respiratory virus which can be dangerous and is common during the winter months.


### **Article 2.**

#### **Don't let flu spoil your fun this Christmas**

Beat the Winter Bugs: Your Flu Protection Checklist

Cold weather means flu and other respiratory illnesses are on the rise—but you can stay ahead of them. Here's how:

- Get vaccinated: [Book your free flu jab](#) if you're eligible. It's the best defence and a jab now will protect you in time for the Christmas break.
- Stay hygienic: Wash hands often, cover coughs and sneezes, and consider a mask in busy places.
- Know the signs: Flu, COVID-19, and colds share symptoms. If you feel unwell, try to stay at home till you're feeling better. Contact 111 for advice or dial 999 in an emergency.

 Take action today and protect yourself and your community to avoid feeling ill over Christmas.

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### **Article 3**

#### **School immunisation service Christmas clinics**

If your child has missed a vaccination in school there are catch up clinics across the city and county during the Christmas holiday period. The school aged immunisation service can offer appointments for missed vaccines including:

- Flu nasal spray
- MMR (measles mumps & rubella)
- Human Papillomavirus (HPV)
- Tetanus, diphtheria and polio (3-in-1 teenage booster vaccine (Td/IPV)
- Meningococcal (Men) ACWY vaccine (MenACWY)

Call 0333 358 3397 and select option 4 then option 2 to book an appointment or visit our [clinic page for dates and times of clinics.](#)

### **Article 4**

#### **Expecting a baby in 2026? Start strong & protect you & your baby against flu.**

If you're expecting a baby now is the time to get a free flu vaccination. The vaccine is safe for you both and will protect you during your pregnancy and your baby after they're born. It doesn't contain any live virus so it can't give you flu and it's safe at any stage of pregnancy.

While you're pregnant your immune system is naturally weaker so you're at higher risk of catching infections like flu which can cause serious complications for you and your baby.

Look after yourself and your baby and book a flu vaccination.

Images available here:

[https://drive.google.com/drive/folders/1\\_DbdpVHMKk6Q7gMl0Ykh4Wog\\_UYhbeeu?usp=drive\\_link](https://drive.google.com/drive/folders/1_DbdpVHMKk6Q7gMl0Ykh4Wog_UYhbeeu?usp=drive_link)