**Article**

**COVID-19 Spring Booster Vaccine**

As we move into spring, protection from any earlier COVID-19 vaccination you may have had will be starting to wane.

COVID-19 can still be very dangerous and even life threatening, particularly for older people and those with a weakened immune system. For these reasons we are encouraging people aged 75 years and over, those in care homes, and those aged 6 months and over with a weakened immune system to book a spring dose of COVID-19 vaccine.

The eligibility for the COVID-19 vaccination is for:

* adults aged 75 years and over
* residents in a care home for older adults
* individuals aged 6 months and over who have a weakened immune system

Having a weakened immune system (immunosuppression) is a lot less straightforward than the other criteria. It can be complicated therefore the following groups gives you a better understanding.

* organ, bone marrow or stem cell transplant patients
* those being treated with systemic steroids for more than a month
* those living with HIV
* those receiving immunosuppressive or immunomodulating biological therapy, including children who are about to receive therapy
* those undergoing chemotherapy or radiotherapy
* those who require long-term treatment for immunosuppression
* those with a history of haematological malignancy including chronic leukaemia, lymphomas, and leukaemia
* those with genetic disorders affecting the immune system

While this list runs through some major groups, it does not cover everything and would encourage you to check online at [nhs.uk/bookcovid](https://www.nhs.uk/nhs-services/vaccination-and-booking-services/book-covid-19-vaccination/?wt.mc_id=eva3_003_S25_SMS)to see if you are eligible.

**How to book your vaccine?**

It's quick and easy to get your COVID-19 vaccine with thousands of appointments available across the Humber and Noth Yorkshire region, usually at pharmacies and your doctors.

The National Booking System is open until **16 June** simply visit [nhs.uk/bookcovid](https://www.nhs.uk/nhs-services/vaccination-and-booking-services/book-covid-19-vaccination/?wt.mc_id=eva3_004_S25_general) to make an appointment. Walk-in appointments may also be available, you can find a full list of locations on the [NHS walk-in finder](https://www.nhs.uk/nhs-services/vaccination-and-booking-services/find-a-walk-in-covid-19-vaccination-site/).

If you or someone you know can't get online you can also book by calling 119 free of charge. If needed a translator is available.