

## Your vaccination tracker

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**Over the years, vaccination has saved millions of lives** and improved public health to the point where we no longer see certain diseases.

Childhood vaccination helps protect against life-threatening diseases early in life and lays the foundation for immunity to vaccine preventable diseases later in life. There is also a need to focus on vaccine preventable diseases in adults.

**Vaccinations are not something you outgrow.**  
**Vaccination is for life.**

As we age our immune system does too – this can make us more vulnerable to life-threatening diseases. Building up our immune systems as adults by vaccinating throughout life can help protect us and those closest to us against some serious diseases.

This tracker can help you to keep up-to-date with what you have had and may need in the future. Talk to your healthcare professional about which vaccines may be relevant in future.

## About Vaccinate for Life

Vaccinate for Life is a campaign to improve awareness of the benefits of vaccination throughout life and encourage more conversations between healthcare professionals and their adult patients about what vaccinations may be available.

To find out more about the Vaccinate for Life campaign, please visit:  
[www.vaccinateforlife.com](http://www.vaccinateforlife.com)

## Contact your healthcare professional

- Please speak with your doctor, practice nurse or local pharmacist about which vaccinations you may need.
- You may benefit from vaccinations that are not offered free on the NHS but can be purchased privately.
- Other vaccinations may be recommended for people with health conditions or travel plans outside of your home country.

### Reporting side effects:

All medicines can cause side effects, although not everybody gets them. If you get any side effects, talk to your doctor, practice nurse or pharmacist. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/> (external link\*)

By reporting side effects you can help provide more information on the safety of the medicine.

\*This is an external link which will open in a new tab. GSK is not responsible for the content of this site.

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See below for all vaccines listed on the NHS vaccination schedule

Adapted from the NHS Vaccination Schedule  
Last accessed in August 2020

	Age	Vaccine	Date
Babies under 1 year old	8 weeks	6-in-1 vaccine	
		Rotavirus vaccine	
		MenB	
	12 weeks	6-in-1 vaccine (2nd dose)	
		Pneumococcal (PCV) vaccine	
		Rotavirus vaccine (2nd dose)	
16 weeks	6-in-1 vaccine (3rd dose)		
	MenB (2nd dose)		
Children aged 1 to 15	1 year	Hib/MenC (1st dose)	
		MMR (1st dose)	
		Pneumococcal (PCV) vaccine (2nd dose)	
		MenB (3rd dose)	
	2 to 10 years	Flu vaccine (every year)	
	3 years and 4 months	MMR (2nd dose)	
		4-in-1 pre-school booster	
	12 to 13 years	HPV vaccine	
	14 years	3-in-1 teenage booster	
		MenACWY	
Adults	65 years	Pneumococcal (PPV) vaccine	
	65 years (and every year after)	Flu vaccine	
	70 years	Shingles vaccine	
Pregnant women	During flu season	Flu vaccine	
	From 16 weeks pregnant	Whooping cough (pertussis) vaccine	
At risk people	Additional vaccines may be recommended for people who need extra protection, for example those with underlying health conditions (e.g. diabetes or chronic respiratory and heart conditions) or travel plans outside of your home country. Visit the NHS website for more information.		