BeeWellWithMS

Flu + COVID jabs

What to know with MS

ENGLAND | 2026/27 | ADULT GUIDE



FLU: MS qualifies you

All adults with MS qualify for a free NHS flu jab every year. Choose the non-live injection.

COVID: check your eligibility

Offered if you are 75 or over (including turning 75 by 31 January 2027), live in a care home for older adults, or are immunosuppressed. MS alone does not qualify you.

Both due? One appointment.

Both injections are non-live. They can be given together, usually in different arms.

Taking a DMT? Timing guide

Ideal planning targets so the vaccine works best. Your MS team confirms your own plan.

ocrelizumab / ublituximab

Ideally at least 3 months after the last dose and 4–6 weeks before the next, if feasible.

ofatumumab

Both vaccines can be given during treatment, on any day of the monthly cycle. Do not skip injections.

fingolimod / siponimod / ozanimod / ponesimod

Both vaccines can be given during treatment. Do not stop tablets yourself. Siponimod has specific precautions: agree a plan with your MS team.

interferon beta, glatiramer acetate, teriflunomide, fumarates, natalizumab

Usually no special gap from a dose for either vaccine.

Completed alemtuzumab or cladribine

Years later: routine timing if immune recovery is confirmed. After a recent course, ask your team.

Starting or switching

ocrelizumab / alemtuzumab: vaccines at least 6 weeks before. ofatumumab / ublituximab: at least 2 weeks before. cladribine: COVID ideally 2–4 weeks, flu at least 2 weeks before.

After stem cell transplant (AHSCT)

Follow your transplant team's schedule, even years later.

Check your individual plan

Never stop, skip or delay your treatment yourself. Low immune-cell counts, other medicines, a relapse or recent high-dose steroids may change the advice.

Ready to book?

1. **Check what is due**
   Flu every year. COVID only if you are eligible this season.
2. **Agree timing if needed**
   Tell your vaccinator your DMT and last treatment date. Ask your MS team if you are unsure.
3. **Book your appointment**
   NHS App, NHS website, GP or pharmacy. COVID walk-in sites are also available.

Dr Agne Straukiene · BeeWellwithMS · Guidance checked 5 November 2026

Sources: NHS · MS Society · MS Trust · UK product information (SmPCs) · ECTRIMS/EAN consensus.
General information for adults in England, not personal medical advice.

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