

Approved

Key messages – public facing

Am I eligible for the MenB vaccine?

The MenB vaccination will be offered to all those aged 17 and 18 who were born between 01/09/2007 and 31/08/2008.

The vaccine is also available to those turning 25 after 31/12/2026 who will be attending Higher Education or Residential Further Education for the first time from Autumn 2026. This includes international students and those from the UK Devolved Administrations and Crown Dependencies.

The vaccine will not be offered to:

- those who turn 25 on or before 31/12/26, presenting for their first dose
- those under 25 years continuing their studies – not attending further or higher education for the first time, including post graduates
- those in school-level residential settings, for example boarding schools, unless they are eligible due to their age

Where can I get the MenB vaccine?

Seventeen and 18 year olds who were born between 01/09/2007 and 31/08/2008 will receive an invitation letter from their health board. Letters will be sent after 1 July. For those under 25 and attending Higher or residential further Education for the first time this Autumn, you will not receive an invitation letter but you can contact your health board after 20 July to find out where to get your vaccination in your local area. See [here](#) for a list of health boards and their contact details. **Please do not contact your health board before 20 July 2026 as further information will not yet be ready.**

If you are under 25 and attending Higher or Residential Further Education for the first time this Autumn you will be expected to provide evidence of your offer letter from university or college when you arrive for your appointment.

When can I get it?

First doses will be offered in Wales from 20 July until 31 December 2026. Second doses will be offered in Wales until 31 March 2027.

How soon will I be protected?

It takes at least 2 weeks from your second dose of vaccine for your body to produce antibodies to give you a good level of protection.

Does the vaccine offer me complete protection against all types of Meningococcal disease?

Vaccination is one of the most effective ways to prevent meningococcal disease from meningococcal bacteria. No vaccine is 100% effective, and the MenB vaccine does not protect you against all meningococcal groups.

This may be an opportunity to check that you have received the MenACWY vaccine (usually at age 13-14) which offers some protection against other types of meningococcal disease.

While the MenB vaccination is highly effective and has led to a 75% reduction in MenB disease in vaccinated groups, it does not offer complete protection. Teenagers and young adults are considered to be at higher risk, so it is important to be aware of the signs and symptoms of Men B disease. Signs to look out for include, headache, vomiting, diarrhoea, muscle pain, stomach cramps and fever with cold hands and feet. For more information on meningitis and meningococcal disease, visit <https://phw.nhs.wales/topic/meningitis-and-meningococcal-disease/>

Is there an ideal time for me to have my second dose? If so, what is it?

The second dose of the MenB vaccine is recommended at least 4 weeks (28 days) after the first dose to give you the best protection against MenB infection. It takes at least 2 weeks from the second dose of the vaccine for your body to achieve a good level of protection, so delaying the second dose delays protection. Those eligible should aim to get both doses before starting at college or university this Autumn.

Do I need to get both doses to be protected?

Yes. You will need to have both doses of the vaccine, 4 weeks apart and then wait 2 weeks for the best protection. The MenB vaccine has been thoroughly tested and meets strict safety criteria. It has been routinely used in the infant vaccination programme in the UK since 2015 and has led to 75% reduction in MenB disease in vaccinated groups.

What are the common side effects of the MenB vaccine?

Like all medicines, the MenB vaccine can cause side effects, but not everyone gets them. It is common to get some swelling, redness or tenderness where you have had the injection. You may also get a fever, nausea, headache or muscle aches.

Side effects are usually mild and last only a couple of days. It is still important for you to have both doses.

More serious side effects are rare. You can take over the counter pain medication such as paracetamol to manage these symptoms if needed.

If you experience any suspected side effects to the vaccine, you can report these on the [Yellow Card website](#), by calling 0800 731 6789 (9am to 5pm, Monday to Friday) or by [downloading the Yellow Card app](#).

