



FLU CLINICS 2020

Flu is a common infectious viral illness. You can catch flu all year round, but it is especially common in winter. It spreads rapidly via small droplets either coughed or sneezed into the air by an infected person. It can be very unpleasant, but you'll usually start feeling better within a week.

People at risk of developing more serious complications if they catch flu are encouraged to have the flu vaccine each year.

Flu symptoms come on very quickly and can include:

- A sudden fever
- An aching body
- Feeling tired or exhausted
- A dry cough
- A sore throat
- A headache
- Difficulty sleeping
- Loss of appetite
- Stomach pain and/or diarrhoea
- Feeling sick and/or being sick

Children may also experience pain in their ear and become less active.

Could it be Covid?

Check the list of Covid-19 symptoms here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

How can I reduce my risk of catching or spreading flu?

- Wash your hands regularly with soap and warm water
- Regularly clean surfaces such as computer keyboards, telephones and door handles
- Use tissues to cover your mouth and nose when you sneeze and put these in the bin as soon as possible
- Avoid unnecessary contact with other people while you're infectious

Who is eligible for the flu vaccine?

You are eligible for the flu vaccine via your GP Practice if you:

- Are an adult aged 65 or over
- Have a long-term health condition
- Are pregnant
- Live with someone who's at high risk from Coronavirus

Additionally, your child will be eligible if they are:

- Aged 2 or 3 on 31st August 2020
- In Primary School or Year 7 Secondary School (delivered via school vaccination programmes)

What about patients in the 50-64 year old age group?

People in the 50-64-year old age group will not be vaccinated before November and December, **providing there is sufficient vaccine**, and no appointments will be offered for this age group until then. This is to ensure that those who are most at risk are vaccinated first. If you are 50-64 and you are in one of the other groups which is eligible for the flu vaccination, for example you have a health condition which puts you at risk from the flu, you will be invited earlier.

When and where will the flu clinics be held?

This year, due to Covid-19, we have had to change the way we hold our flu clinics. The details of when and where your Practice is holding their clinics will be included in your invitation letter. Please follow the instructions on your letter to book your appointment.

What happens at the flu clinic?

This will depend on the location of your clinic, but we would gratefully remind you of the importance of complying with the following guidance:

- Wear a face mask to your appointment, and please ensure if someone is accompanying you that they also wear a face mask
- Bring along your invitation letter to the appointment
- Be on time, please do not be late or attend too early, as the times have been carefully arranged to ensure social distancing
- If you are unwell and have any Covid-19 symptoms, or live with someone who has symptoms, please do not attend. Please contact your Practice to rebook

Are there any side effects to the flu vaccination?

For information on what to expect after your vaccination and any possible side effects, please visit "NHS; Flu Vaccine Side Effects"

<https://www.nhs.uk/conditions/vaccinations/flu-vaccine-side-effects/>

For more information about the children's flu vaccine and any possible side effects, please visit "Child Flu Vaccine" and "Child Flu Vaccine Side Effects".

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine-side-effects/>

For more information visit: <https://www.nhs.uk/conditions/flu/>