



Patient Newsletter: Special Flu Season 2019



Are you flu safe? Get the jab!

Flu Season

As you will know, Flu Season has begun.

If you are aged over 65, or have a condition which makes you eligible for a flu vaccination, you will be invited to make an appointment at one of our flu clinics.

This newsletter should hopefully answer any questions you may have about who should have a flu jab, why they should have it, and what kind of vaccines are available.

If you do not want to have a flu vaccination, please inform reception so that we can update your records, thank you.

Am I eligible for a flu vaccination?

The injected flu vaccine is offered free of charge on the NHS to people who are at risk. This is to help protect them against catching flu and developing serious complications.

You should have the flu vaccine if you:

- are **65 years of age or over**
- are **pregnant**
- have certain **medical conditions**
- are living in a long-stay residential **care home** or other long-stay care facility
- receive a carer's allowance, or you are the **main carer** for an elderly or disabled person whose welfare may be at risk if you fall ill

Frontline health and social care workers are also eligible to receive the flu vaccine. It is your employer's responsibility to arrange and pay for this vaccine.

Types of flu vaccine available



This year there are 3 different types of flu vaccine:

- a **live quadrivalent vaccine** (which protects against 4 strains of flu), given as a nasal spray. This is for children and young people **aged 2 to 17 years** eligible for the flu vaccine
- a **quadrivalent injected vaccine**. This is for **adults aged 18 and over but below the age of 65** who are at increased risk from flu because of a long-term health condition and for children 6 months and above in an eligible group who cannot receive the live vaccine
- an **adjuvanted injected vaccine (aTIV)**. This is for people **aged 65 and over**

If your child is aged between 6 months and 2 years old and is in a high-risk group for flu, they will be offered an injected flu vaccine as the nasal spray is not licensed for children under 2.

How to avoid spreading the flu

Flu is very infectious and easily spread to other people. You're more likely to give it to others in the first 5 days.

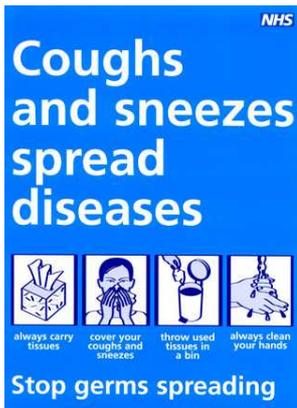
Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu:

- **wash your hands** often with warm water and soap
- **use tissues** to trap germs when you cough or sneeze
- **bin used tissues** as quickly as possible

Did You Know ?

When you have your flu vaccination at your GP surgery, they receive a payment for this vaccination. If you have your flu vaccination done elsewhere, the surgery doesn't receive a payment and loses out on much needed funds.



Flu vaccine for children

The flu vaccine is free on the NHS for:

- children **over** the age of **6 months** with a **long-term health condition**
- children **aged 2 and 3** on August 31st 2019 – that is, born between September 1st 2015 and August 31st 2017
- all **primary school children**. Primary school children will be offered their vaccination in school.

Children aged between 6 months and 2 years of age who are eligible for the flu vaccine will receive an injected flu vaccine.

Children eligible for the flu vaccine aged between 2 and 17 will usually have the flu vaccine nasal spray.

Why should my child get the flu vaccination?

Flu is a very common infection in babies and children. It can be very unpleasant for them.

Children with flu have the same symptoms as adults – including fever, chills, aching muscles, headache, stuffy nose, dry cough and a sore throat lasting up to a week.

Some children develop a very high fever or complications of flu, such as bronchitis, pneumonia and a painful ear infection.

They may need hospital treatment, and very occasionally a child may die from flu.

In fact, healthy children under the age of 5 are more likely to have to be admitted to hospital with flu than any other age group.

For children with long-term health conditions such as diabetes, asthma, heart disease or lung disease, getting flu can be very serious as they are more at risk of developing serious complications.

5 reasons to get your child vaccinated

- 1. Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends.** Vaccinating your child will help protect more vulnerable family and friends
- 3. No injection needed.** The nasal spray is painless and easy to have
- 4. It's better than having flu.** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs.** If your child gets flu, you may have to take time off work or arrange alternative childcare



www.nhs.uk/child-flu

Parking During the Flu Clinic

The car park becomes extremely busy on the days when we are running flu clinics, so please consider walking to the surgery or using the car park over the road, which is free for 2 hours.

As a general reminder, Please **DO NOT**:

- use the car park to drop your child off at school - if you are not visiting the surgery, please park elsewhere
- park on the yellow hatches in the middle of the car park - this puts your car at risk of being damaged
- park on the double yellow lines along the side of the surgery - this can make it difficult for emergency services to access the surgery and makes it hard for patients to enter and exit the car park
- park in the staff section of the car park - this can result in cars being blocked in and identifying the owner of the car can be difficult



For more information on flu, and the flu vaccine, please visit:

www.nhs.uk/conditions/flu/

www.CrossleyStreetSurgery.co.uk/flu