

Seasonal Flu 2020 - 2021

Each year the NHS prepares for the unpredictability of flu. For most healthy people, flu is an unpleasant but usually self-limiting disease with recovery generally within a week.

However, there is a particular risk of severe illness from catching flu for:

- older people – everyone aged 65 or over
- the very young
- pregnant women
- those with underlying disease, such as chronic respiratory or cardiac disease
- those who are immunosuppressed

This year you are also recommended to have the flu vaccine if you are:

- the main carer of an older or disabled person
- Live with someone on the NHS Shielded Patients List for COVID-19
- a child aged 2 to 11 years old on 31 August 2020

Please note patients aged 50 – 64 are not currently entitled to the flu vaccination on the NHS. Patients in this age group may be invited at a later date and we await government guidance,

Please contact reception to make an appointment.

Due to COVID-19 our flu clinics will run slightly differently this year. Please note that due to Social Distancing and Infection Control it is extremely important that you arrive for your appointment on time [not early] as to reduce the risk of queuing. You will have your temperature checked before you enter the building. If you have a temperature we will not be able to vaccinate you and you will be asked to go home and contact 119 for further advice.

Please make sure you can easily provide your arm for vaccination
If you are disabled or need assistance to attend your appointment please let reception know so that they can book the most appropriate time slot for you.

