

Lytham Road Surgery Flu Campaign 2020

This year our flu season will be different to previous years to adhere to social distancing guidance during the global pandemic. We are introducing a new system to keep everyone safe. There will not be any drop-in flu clinics and all patients MUST have a pre-booked appointment slot.

The Plan

We will be holding our flu clinics in a marquee on the car park. Where possible, we ask you not to travel to your appointment via car to allow more car park space to safely socially distance. There will be a one in one out system, entering and exiting the marquee at different points.

Our clinicians will be in full PPE for your protection and theirs.

Appointments will be 4 minutes apart to allow time for the clinician to clean the area before the next patient. We ask that you;

- Wear a face mask/covering when attending for your appointment
- Have your arm ready to be vaccinated when it is your turn
- Be considerate to other patients in the queue and keep a safe distance

Housebound patients

We will arrange for the District Nurses to vaccinate patients at home for medically housebound patients only.

District Nurses will ask you to sign a consent form when they arrive to give you your vaccine. If you wish to decline, please contact Reception so we can remove you from the list.

Care home residents

Our care home nursing team will vaccinate all consented patients in a care home setting.

Who is eligible for the flu vaccine?

The flu vaccine is offered free of charge on the NHS to people who are at risk.

You should have the flu vaccine if you:

- are 65 years old or over – including if you are aged 65 and over on 31 March 2021. So if you're currently 64 but will be 65 on 31 March 2021, you do qualify.
- are pregnant
- have certain medical conditions such as:
 - chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
 - chronic heart disease, such as heart failure
 - chronic kidney disease
 - chronic liver disease, such as hepatitis
 - chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
 - a learning disability
 - diabetes

- problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
 - a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
 - being overweight (a BMI of 40 or above)
- live with someone who's at high risk of coronavirus (on the NGS shielded patient list) or you expect to be with them on most days over winter

Flu vaccines for children

Children should have the flu vaccine if they are:

- over the age of 6 months with a long-term health condition
- aged 2 and 3 years on 31 August 2020 (that is, born between 1 September 2016 and 31 August 2018)
- children in primary school
- children in year 7 (secondary school)

Children aged between 6 months and 2 years 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 nasal spray flu vaccine.

Flu Vaccine Side Effects

After the flu vaccination, you may get a mild high temperature and slight muscle aches for a day or so. Some people may have a sore arm. To ease the discomfort you can;

- continue to move your arm regularly; do not let it get stiff
- take a painkiller, such as paracetamol or ibuprofen; some people, including pregnant women, should not take ibuprofen unless a doctor recommends it

Do not give aspirin to children under 16.

Allergic reactions to the flu vaccine

It's very rare for anyone to have a serious allergic reaction (anaphylaxis) to a vaccination. If this does happen, it usually happens within minutes.

The person who vaccinates you or your child will be trained to deal with allergic reactions and treat them immediately.

Does the flu vaccine give me flu?

The injected flu vaccine **cannot** cause flu because there are no active viruses in the vaccine.

If you have flu like symptoms after your vaccine, it may be that you have caught a flu-like virus that's not really flu, or you may have caught flu before your flu vaccination had taken effect.

I am 50-64, am I now eligible for the vaccine?

Later in the year, the flu vaccine may be given to 50-64-year-olds. More information will be available later in the autumn.

However, if you are aged 50-64 in an at-risk group, you are still eligible for the flu vaccine.

If you are aged 50 to 64 and were not already in an at risk group, please ensure the practice has a correct mobile number for you as details will be sent by text about the availability of additional vaccines later in the season.

How to book

If you are eligible please telephone Reception any week day to book your flu vaccination on 01772 716033. If you can, please telephone after 11:30am or between 5pm and 6.30pm when the phone lines are usually a little quieter.

Appointment availability for patients OVER 65

Flu vaccines are arriving on 1st September. Appointments are available Monday – Friday between 7th September and 2nd October.

Appointment availability for patients UNDER 65

Flu vaccines are arriving on 2nd October in limited numbers. Appointments are available week commencing 5th October, 19th October, 2nd November and 16th November.

Appointment availability for children eligible for Nasal Flu

Nasal flu clinics are to be confirmed however they are scheduled to arrive at the beginning of September. We will keep you informed.

How to decline

If you already know that you don't want a flu vaccine, please telephone Reception to tell us. Alternatively please email gpcg.lythamroadprescriptions@nhs.net with your name, date of birth and address to inform us of your decision to decline.

Cancelling your appointment

If you change your mind about having the flu vaccine, please cancel your appointment so that your appointment can be offered to someone else who needs it. You can cancel either via patient access or contacting Reception.

Thank you for your patience.