



Booking System Opens 22nd August 2020

*This year we have to factor in social distancing into our flu vaccination schedule and so we are introducing new systems to keep everyone safe. There will not be any drop-in flu clinics this year but lots of other safe options, and all patients **MUST** pre-book an appointment slot in advance.*

WHO?

Who should get the flu vaccine?

This year the flu vaccine is being offered on the NHS to:

- adults 65 and over (including anyone who will be 65 by the 31st March 2021)
- people with certain medical conditions (including children in at-risk groups from 6 months of age)
- pregnant women
- CARERS - including people living with someone who's at high risk from coronavirus (on the NHS shielded patient list)
- children aged 2 and 3 on 31 August 2020
- children in primary school (these vaccines are available via the school **ONLY** unless in at Risk Group)
- children in year 7 (secondary school) (these vaccines are available via the school **ONLY** unless in At Risk Group)
- frontline health or social care workers
- Adults 50 – 64 who are not in any of the at risk groups **unable to book at present.**

WHY?

- Flu vaccine is the best protection we have against an unpredictable virus that can cause unpleasant illness in children and severe illness and death among at-risk groups, including older people, pregnant women and people with an underlying physical health condition.
- Studies have shown that the flu vaccine will help prevent you getting the flu.
- It will not stop all flu viruses and the level of protection may vary, so it's not a 100% guarantee that you'll be flu-free.
- But if you do get flu after vaccination, it's likely to be milder and shorter-lived than it would otherwise have been.
- There's also evidence to suggest that the flu vaccine can reduce your risk of having a stroke.
- Over time, protection from the injected flu vaccine gradually decreases and flu strains often change.
- New flu vaccines are produced each year, which is why people advised to have the flu vaccine need it every year.



How to book:

- **ONLINE IS EASIER !** If you are eligible and have already signed up to our online services, then please go online from **22nd August** to book your appointment, but please pay particular attention to the appointment slot you are booking in to as they have been divided into three categories: 1) those who are 65 and over, 2) those who are under 65, 3) and children. This is because there is a different vaccination for each of the three age groups and doing it this way makes it safer and quicker for us. Link for online booking: <https://www.stanleymedicalgroup.co.uk/doitonline.aspx>
- **Telephone Reception** You can ring any week day from 24th August onwards on 01207 285800 after 2 pm

How to decline:

If you already know that you don't want a flu vaccine at all please let us know. We would prefer you to drop us an email to tell us you would like to decline. This is important so that your vaccine can be offered to someone else who needs it - vaccine supplies are expected to be in extremely high demand this year.

Email address: cdccg.stanleymedicalgroup@nhs.net

If you are aged 50-64

If you are aged between 50 & 64 and do not have a long term condition, you shall only become eligible **later in the season**. Please don't contact us yet, we will text you when further details are announced, so please let us know if you recently changed your mobile number. Details will also be on our website

Home visits are available for medically housebound patients only and will be done by our District Nursing Team. Home visit slots are very limited and so are strictly reserved only for those who physically can't get out of the house.

When do the flu clinics start?

The pre-booked clinics will be scheduled from early September, starting with children. We are planning to do most of our clinics on a Saturday and Sunday

**The
Important
Bit**

On the day of your appointment ...

- Please **do not** turn up early or late. This is essential to ensure that we don't have too many in the building at once.
- Please wear a face covering
- If possible, wear a short sleeve top, and leave your coat in the car
- Please sanitise your hands on entering in the building. Our Receptionist will tell you where to do this
- The flu stations will not be in the usual clinical room so please note carefully where you are told to go when you arrive
- The nurse will not be able to discuss anything else with you that day – it is essential that you are only on site for minimal time – we are planning for less than 2 minutes per patient
- The nurse will be in full PPE

This has been produced to give you as much information as possible to keep you and our staff safe.
Thank you for taking the time to read it, in preparation for having your Flu vaccination.

Dr Bisson and Team

