

## You are eligible for the flu vaccination

As per the NHS England seasonal influenza guideline, healthy 50 – 64 year old patients are also eligible for the flu vaccine this year.

This year, we will be running our flu clinics differently to ensure that we are compliant with Covid-19 Infection Control measures. Please see further details overleaf or on our website:

<https://strandmedical.co.uk/flu-vaccines-and-information/>

It is vital that you **DO NOT** attend if you or a member of your household experiences any of the symptoms of COVID-19 or if you are self-isolating due to contact with a suspected or confirmed case of COVID-19. Please call us to cancel an appointment if you develop Covid-19 symptoms after booking it.

## **YOU CAN BOOK YOUR APPOINTMENT FOR SATURDAY CLINIC ON 19 DECEMBER ONLINE**

***PLEASE NOTE THAT WE ARE CURRENTLY AWAITING VACCINE DELIVERY. IF SUFFICIENT STOCK IS NOT DELIVERED ON TIME, WE WILL MOVE YOUR APPOINTMENT TO THE NEXT AVAILABLE SATURDAY CLINIC. WE WILL ADVISE YOU IF THIS IS THE CASE.***

If you do not wish to have the influenza vaccine, please complete the form below and return it to Strand Medical and we will not contact you again in relation to this matter.

Your sincerely,  
Strand Medical

✂.....

Name: ..... Date of birth: ..... NHS No: .....

I do not wish to have the influenza vaccine this year.

Signature ..... Date.....

Mobile no: .....

Please state your ethnicity: .....

By providing this number, you consent to us contacting you on your mobile phone and to receive SMS from us. Your number will remain confidential to the surgery.

Cont.

### **Attending the surgery for a flu vaccine:**

Under the new infection control guidelines; in order to protect both patients and staff, we would like to ask for the following to be adhered to:

- **Please wear a face covering when coming in for your flu jab**
- **Please wash your hands or use an antibacterial gel before entering the premises**
- **Only two people per household can attend at one time**
  
- **The entry to the clinic will be via the side door by the doctors' car park; there will be staff and signs to guide you**
- **There will be floor stickers to help you keep the recommended social distance**
- **If possible, please wear a short-sleeved top under your coat for easy and quick access to your arm**

### **After your vaccination**

The injected flu vaccine cannot cause flu because there are no active viruses in the vaccine. The majority of patients do not have any side effects after the vaccine but the most common are:

- pain, swelling, bruising, hardness or redness at the injection site.
- slightly raised temperature (fever)
- headache; sweating.
- aching joints or muscles.
- shivering; tiredness.
- feeling generally unwell

### **Tips to ease the discomfort:**

- continue to move your arm regularly; do not let it get stiff
- apply a cool flannel to the arm if inflamed
- take a painkiller, such as paracetamol or ibuprofen (some people, including pregnant women, should not take ibuprofen unless a doctor recommends it)
- if you there is any reason you need to have a blood test within 48 hours of vaccination, please inform the phlebotomist you have recently a flu jab