



DONNINGTON MEDICAL PRACTICE NEWSLETTER: FLU 2020



(Version 1 dated 8 September 2020)

Telephone: 01952 605252

www.donningtonmedicalpractice.co.uk

Welcome to our 'Flu 2020' newsletter . Hopefully this will answer any questions you may have, and provide you will important information regarding this years flu campaign

Introduction

This year has certainly been one to remember! As we prepare for this years flu campaign, we have more factors to consider and obstacles to face; social distancing, PPE, additional criteria..... therefore this year there will be a few additional restrictions in place:

- * Appointment only
- * One way system
- * Social distancing guidelines
- * No family members allowed within the building (unless absolutely necessary)

When we have a clinic depends purely on the delivery of the vaccines. We have our first scheduled delivery at the end of September (vaccines for the over 65's). Hopefully, providing there are no delays, our first dedicated flu clinic has been scheduled for **Thursday 1 Oct between 2-6pm** and will be for patients who are **65 years old or over ONLY** (including anyone who will be 65 by the 31 March 2021). The practice will be CLOSED during this afternoon, other than for the patients who have an appointment.

Who should consider having a flu vaccination:

- If you are **65 years old or over** (including anyone who will be 65 by the 31 March 2021)
- If you are **pregnant**
- If you are 'high-risk' (have **certain medical conditions** (see overleaf)
- If you are the main **carer** of an older or disabled person
- If you live with someone who is on the NHS shielded patient list
- frontline health or social care workers
- **children aged 2 and 3** on 31 August 2020
- **children in primary school and children in year 7** (AVAILABLE VIA THE SCHOOL ONLY)

Different vaccines for different ages:

As with previous years, we have 3 different types of vaccine:

- ⇒one for over 65's
- ⇒one for under 65s who are in a 'at risk' category
- ⇒a nasal vaccine for children

This makes planning even more challenging, but with the help of our staff and your patience, I'm sure we will rise to the occasion and it will be as successful as ever!

If you are eligible but don't want it:

You may receive a call from us to book you an appointment. If you **DO NOT WANT** the vaccination, just let the receptionist know so that we can add a code to your records to indicate that you have declined this years offer to be vaccinated.

PLEASE DO NOT VISIT THE PRACTICE IF YOU ARE SUFFERING WITH A PERSISTANT COUGH OR TEMPERATURE

How to book an appointment:

With effect from Wednesday 9th September there will be a dedicated phone line for flu vaccination bookings and this will be open between 10.30am to 5.30pm. All you need to do is ring the Surgery on

01952 605 252 and select the option to book a flu clinic appointment.

Frequently Asked Questions:

* **When will flu appointments be available to book?** From Wednesday 9th September via the dedicated flu bookings option when you ring the surgery. This line will be open between 1050am - 530pm. Any other issues will NOT be dealt with on this line, it is purely to book a flu appointment.

* **When will flu clinics start?**

⇒over 65's: vaccines are scheduled to arrive at the end of September 2020 so clinics will start after that

⇒under 65s who are in a 'at risk' category: vaccines are scheduled to arrive mid October 2020 so clinics will start after that

⇒nasal vaccine for children: we have yet to receive a date for vaccine delivery so we will update this newsletter in due course

* **I am over 50 and heard that I am now entitled to the vaccination?** Later in the year the flu vaccine is expected to be able to be given to patients aged between 50—64. We are yet to receive specific information regarding this, so we will update our leaflet in due course.

* **I am nearly 65, am I now eligible?** If your 65th birthday is before the 31 March 2021 you will be entitled to receive a flu vaccine from the 65+ supply.

* **I am housebound and unable to get to surgery. Will someone visit me?** T&W CCG are currently in the process of organising a provision for housebound patients, which will probably be via the district nurses. As soon as we have been given further information we will update our leaflet.

* **Can I have my vaccination at a Pharmacy?** Yes. Pharmacies will be able to vaccinate as soon as they have received their vaccines. After they have given you the vaccination, they will send us notification so that we can update your medical records.

* **What is the difference between the different vaccines?**

⇒ Adults 65 and over are offered an injected inactivated vaccine which contains an adjuvant to help your immune system have a stronger response to the vaccine.

⇒ Adults aged 18 to 64 are also offered an injected inactivated vaccine but none contain live viruses so they cannot give you flu.

⇒ Children aged 2 to 17 are offered a live vaccine as a nasal spray; the live viruses have been weakened so it cannot give them flu.

⇒ Children aged between 6 months and 2 years who are in a 'high risk' group will be offered an injected vaccine because nasal spray is not licensed for children under 2.

* **What is 'at risk'?** 'At risk' patients are those who have a long-term health condition which can be made worse by the effects of flu, even if the condition is well managed. These are patients who are pregnant or have a long term condition such as:

=> a heart problem

=> kidney disease

=>liver disease

=> diabetes

=> a learning disability

=> has a stroke or TIA

=> a neurological condition such as multiple sclerosis (MS), cerebral palsy

=> a problem with your spleen, eg sickle cell disease, or you have had your spleen removed

=> lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)

=> a chest complaint or breathing difficulties including bronchitis, emphysema or severe asthma

=> if you are seriously overweight (BMI of 40 and above)

=> People on the NHS Shielded Patient List for Covid-19

Useful websites for further information:

www.nhs.uk

www.gov.uk/government/collections/annual-flu-programme