

This year it's more important than ever to get the flu jab.

THE FLU JAB IS THE ONLY WAY TO PROTECT YOU, YOUR FAMILY AND THE NHS AGAINST FLU THIS WINTER.

Get your **FREE** flu jab –
Speak to your GP today.



DR OPAT
GP at Cranwich Road Surgery



This year the following people are eligible for the flu jab:

- Adults 65 and over
- People with certain medical conditions (including children in at-risk groups from 6 months of age)
- Pregnant women
- People living with someone who's at high risk from coronavirus (on the NHS shielded patient list)
- Children aged 2 and 3
- Children in primary school
- Children in year 7 (secondary school)
- Frontline health or social care workers

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

However, if you're aged 50 to 64 and in an at-risk group, you should not delay having your flu vaccine.

CONTACT YOUR GP TO BOOK AN APPOINTMENT

THE FLU – YOUR QUESTIONS

How does Covid-19 affect flu?

This year, more than ever, it's really important that everyone who is eligible gets the flu vaccination. There are two key reasons for this:

1) Flu is a serious illness. We want to reduce the number of people treated for it this year to free up space and resources within the NHS in case there is a second wave of hospital admissions related to coronavirus.

By getting your flu jab, you are doing your bit to protect the NHS.

2) If you are unwell with symptoms of flu or coronavirus, but you have been vaccinated against flu, it is unlikely that you will have flu, and your GP will be able to advise you accordingly.

Is it safe to go to my GP for the flu jab?

Yes! Surgery staff have been working hard to ensure that they can provide services, care and advice to you safely. To keep you safe, staff are; ensuring social distancing in line with government guidance, colleagues are wearing PPE, regular cleaning and disinfection of all areas is taking place.

THE FLU – YOUR QUESTIONS

Are there any side effects?

Most people don't experience any adverse effects, however the most common side effects are general aches and pains, a rash at the injection site and feeling tired. These will usually go away within a day or two.

Other side effects are very rare.

I have a healthy lifestyle and don't often get colds or feel ill – what are the benefits for me?

Getting the annual flu vaccine is a safe, effective way to prevent the flu. The vaccine causes your body to develop antibodies to several strains of the influenza virus. These antibodies help protect your body against infection.

This year, more than ever, we are urging everyone who is eligible to get vaccinated against flu, to help protect the NHS as we continue to battle the coronavirus pandemic.