

# PRESTON PARK SURGERY – FLU VACCINATIONS

In the current pandemic, getting your flu jab is more important than ever. We want to reduce the amount of people getting seasonal flu and suffering with the complications, but it is also imperative that we try to reduce the use of NHS services at a time of high demand.

\*Please note: Children's flu clinics will be held separately, if your child is eligible we will contact you\*

Getting flu will lower your immunity and could therefore increase your risk of contracting Covid-19 and other more serious infections.

The first phase of the flu campaign is only for the usual group of patients who are entitled to the flu vaccine. These are patients with:

- Chronic Asthma
- Chronic Heart Disease
- Chronic Kidney Disease
- Chronic Liver Disease
- Chronic Neurological Disease
- Chronic Respiratory Disease
- Diabetes

This will also include:

- **All Patients over the age of 65**
- All patients with a Learning Disability
- All Patients with a BMI of over 40
- All Patients taking medication that affects their Immune System including certain types of Cancer treatment
- All Patients who are Carers

We will also be offering flu jabs to family members and cohabitants of those patients (registered at the same address and registered with Preston Park Surgery) who are considered at high risk of contracting Covid-19 and have been shielding.

The second phase of our flu campaign for all patients aged between 50 – 64 who do not fall into any of the above categories, will begin later in the year when we have received advice from NHS and the Government on how to proceed.

In order for us to ensure that we provide the safest environment for our patients and staff we will only be holding three flu clinics this year.

**The dates for these clinics are: 26th September, 10th October and 24th October.**

These clinics will be held at St Augustine Centre, which is directly opposite the surgery. We have chosen this venue because it has the facility for us to operate a one-way system and has ample space for social distancing. Each clinic will have 600 appointments each day.

You will need to contact the surgery in the normal way to book your appointment. Once you have booked your appointment we respectfully ask that you pay close attention to the following instructions:

- Please only attend at the time of your appointment. Do not attend early.
- Please wear a mask or face covering.
- If you are unable to attend, please cancel your appointment.
- Please attend alone if possible. We especially ask that you try to leave young children at home.
- Please wear clothing that allows us to access your upper arm and does not require undressing. Please avoid bringing coats and bags.
- Please use hand sanitiser where provided.
- Please follow signage and guidance of staff working.
- Please avoid use of the toilet facilities.

**Please ensure you do not attend if:**

- **You have a cough**
- **You have a fever**
- **You have recently travelled back from any country currently requiring self-isolation for 14 days upon return.**

**Please book early and attend for your flu to  
guarantee your vaccination.**