

# CROSS DEEP SURGERY



## FLU, SHINGLES AND PNEUMONIA JABS 2020

### FLU VACCINATION

Flu vaccine is the best protection we have against a virus that can cause unpleasant illness in children and adults, and severe illness and death in at-risk groups. Flu strains often change and new vaccines are produced each year in an attempt to protect against the most prevalent of them. One hundred percent protection cannot be guaranteed, but if you do get flu after vaccination, it's likely to be milder and shorter-lived than it would otherwise have been.

The flu vaccine for adults does not contain any live virus so it is impossible to catch flu from the vaccine and the children's nasal spray flu vaccine contains considerably weakened flu viruses that will not give your child flu.

The NHS flu jab is available, free, to -

- \* people aged 65 and over (who will be given a vaccine which improves the breadth of protection for people in this age group)
- \* pregnant women
- \* people with certain medical conditions (eg long-term heart or respiratory disease, diabetes)
- \* people with weakened immune systems, including those receiving chemotherapy
- \* people who are at a high risk from Covid-19 (on the NHS shielded patient list) and anybody living with them
- \* people living in a residential care home or nursing home
- \* people who are the main carer for an elderly or disabled person
- \* frontline health or social care workers

People who do not fall into any of the above categories may be vaccinated on a private basis but if you feel you might be entitled to an NHS vaccination please talk to your doctor.

People aged 50 to 64 will be invited later in the season for a free flu vaccination.

### Children

Flu can be a very unpleasant illness for children with potentially serious complications including bronchitis and pneumonia.

Flu vaccine is available, free, for eligible children, including -

- \* children aged 2 or 3 on 31 August 2020 - vaccine will be given as a nasal spray at the surgery
- \* all primary school children and secondary school children in Year 7— these children will be offered their vaccination at school

Children aged 4 whose entry to primary school has been deferred will also be offered the vaccine as will children who are home educated provided they're in an eligible age group.

The vaccine is also given to children and young people up to the age of 17 years who are at a particular risk of flu.

### Vaccination at pharmacies

Many pharmacies offer NHS flu vaccinations. While there is no reason to doubt the merit of these schemes, it is strongly advised that you have your vaccination at the surgery— we can then be absolutely certain that your medical history is taken into account and that your records are updated. Also, each year we need to order the amount of vaccine we estimate we will need—we order sufficient to vaccinate all our eligible patients. Vaccine that is ordered but not used still has to be paid for by the practice!

**Vaccination at the surgery — please see following page for details of Flu Vaccination Clinics**



## SHINGLES VACCINATION

You don't "catch" shingles - it comes on when there's a reactivation of the chickenpox virus that's already in your body. Anyone who's had chickenpox can get shingles and it's estimated that around one in five people who have had chickenpox go on to develop shingles at some time in their lives. People tend to get shingles more often as they get older, especially over the age of 70.

The NHS programme to vaccinate people in their 70s began in 2013/2014. It was not feasible to vaccinate everybody in their 70s in a single year so the programme has been staggered over several years - the majority of those already in their 70s have already become eligible.

**People born before 2 September 1942** who have not so far been eligible, become eligible on their 78th birthday.

**People born on or after 2 September 1942** become eligible on their 70th birthday.

Anyone who is eligible but missed out on their shingles jab remains eligible until their 80th birthday.

**Anyone aged 80 or over is not eligible** to have the shingles vaccination on the NHS—the vaccine seems to be less effective in this age group.

The vaccine is given as a one-off single injection. It can be given at any time of year but most people find it convenient to have it at the same time as their annual flu jab.

The shingles vaccination is available privately for anyone over the age of 50 but the vaccine is in short supply and expensive. Expect to pay between £150 and £200+. Your doctor can advise on whether it's safe for you to have it but you may need to visit a private clinic to have the vaccination.

## PNEUMOCOCCAL VACCINATION (known as the "pneumonia jab")

The pneumonia jab protects against more than pneumonia.

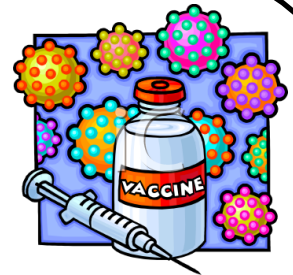
Pneumococcal disease is a term used to describe infection caused by the bacterium *Streptococcus pneumoniae* which can enter the human body through the nose and mouth causing sinusitis or middle ear infection—the infection can spread further to the lungs and to other major organs and cause much more serious conditions such as pneumonia, septicaemia and meningitis.

In the UK, babies are offered vaccination against pneumococcal disease as part of the routine childhood immunisation schedule. However some people require additional vaccination -

- \* people aged 65 or over
- \* those with long-term health conditions, such as serious heart or kidney problems

For adults the pneumococcal vaccination is a one-off single injection. It can be given at any time of year but most people find it convenient to have it at the same time as their annual flu vaccination.

## FLU VACCINATION CLINICS



**We will be holding flu vaccination clinics on -**

- Saturday, 10th October 8.00 am—4.30 pm**
- Saturday, 17th October 8.00 am—4.30 pm**
- Saturday, 31st October 8.00 am—4.30 pm**
- Saturday, 7th November 8.00 am—4.30 pm**

**In order to facilitate social distancing and provide a safe environment for patients and staff, there will be three separate clinics on each day—the clinics will be colour coded (Green, Red or Blue) and each will have separate entry and exit points and separate queues. When you make an appointment for your flu jab you will also be told which colour code applies to you.**

- \* **Please arrive on time for your appointment and ENSURE THAT YOU ARE WEARING A FACE MASK THAT COVERS BOTH YOUR NOSE AND MOUTH.**
- \* **Remember the COLOUR of your clinic—there will be clear signs to point you in the right direction.**
- \* **It would be helpful if you wear EASILY REMOVABLE CLOTHING**
- \* **Some of you may have to queue outside so bring an UMBRELLA AND A COAT if necessary**
- \* **Please note that there will be NO AVAILABLE PARKING at the surgery**

**If you are in one of the eligible categories outlined on the previous page, please telephone 020 8892 8124 for an appointment.**