

Influenza (Flu) Vaccines 2020

Flu vaccines will be available this year from late September. The vaccine protects adults and children against flu and its complications. This year more than any we need to be protected from flu.

Why is the flu vaccine so important this year?

- We will not be able to tell who has flu and who has COVID. The NHS might struggle to manage the burden of COVID this winter and an influenza epidemic at the same time would stretch the NHS to its limits.
- Co-infection with more than one virus is surprisingly common, especially for hospitalised patients. A combination of Flu and COVID would be especially dangerous and deadly.

For most flu can be an unpleasant experience but - if you're otherwise healthy - you will recover from the worst of the symptoms within a week. But flu can be more severe in certain people. At risk groups are more likely to develop potentially serious [complications of flu](#), such as [pneumonia](#) (a lung infection), so it's recommended that they have a flu vaccine every year to help protect them.

Who should get the flu vaccine?

The flu vaccine is routinely given on the NHS to:

- adults 65 and over
- people with certain medical conditions
- pregnant women
- children aged 2 and 3
- frontline health or social care workers

[CLICK HERE](#) for more information about who is entitled to a flu vaccination.

How do I get one?

We will be running 5 Saturday Flu clinics in Fallodon Way Medical Centre from late September until mid-November for adults. Some appointments will also be available for more vulnerable patients in our normal practice opening times.

We will be running weekday clinics for child vaccinations across the autumn months.

In addition, we will be running shingles vaccination clinics on weekdays, where flu vaccinations will be delivered at the same time if patients want both vaccinations.

If you are entitled to a flu vaccination, you will receive a text or letter invite from us in September.