



## Together we can fight flu – key messages

### Flu key messages

- There has never been a more important time to make sure you, and those you care for, are protected against serious illness such as the flu.
- For some people **the flu can be serious** and cause complications making them very ill.
- The flu vaccine is available for **free to these people who are most at risk**.
- If you are eligible for a free flu vaccination, **your GP practice will contact you** by letter or text to book an appointment at your practice **or you can book a free jab at local pharmacy**.
- Get the flu vaccination, stay well and protect the NHS.

### Flu Symptoms

- a sudden fever – a temperature of 38C or above
- an aching body
- feeling tired or exhausted
- a dry cough
- a sore throat
- a headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- feeling sick and being sick

### Who is eligible to receive the free flu vaccine this year:

- **Pregnant** women
- **Children** aged 2- 11 years old
- Member of a **shielding** household
- **65+** years old
- People with a **long-term health condition**:
  - a heart problem
  - a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma
  - a kidney disease
  - lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
  - liver disease
  - had a stroke or a transient ischaemic attack (TIA)
  - diabetes
  - a neurological condition, e.g. multiple sclerosis (MS), cerebral palsy
  - a learning disability
  - a problem with your spleen, e.g. sickle cell disease, or you have had your spleen removed
  - overweight (BMI of 40 and above)



## Booking an appointment

If you are in one of the groups listed above your GP practice will contact you by letter or text to make an appointment at your practice or you can book a free jab at your local pharmacy.

Eligible patients over the age of 18 can now also book a flu vaccination at their local community pharmacy in one of three convenient ways:

- Telephone or visit the pharmacy of your choice and ask to book a flu vaccination
- Book your flu vaccination online at any local pharmacy other than Boots via <https://myvaccinations.co.uk>
- Book your vaccination at Boots online at <https://www.boots.com/online/pharmacy-services/winter-flu-jab-services>

If you book at a pharmacy you don't need to inform your GP.

## Children

Flu in children can be serious - it can cause high fever, painful ear infection, acute bronchitis, pneumonia and even hospitalisation. Give your child the free flu vaccine to help protect them and vulnerable family & friends.

For more information on flu vaccination and children click here - <http://bit.ly/child-flu>

## More information

Visit <https://www.grenfell.nhs.uk/> or <https://www.nhs.uk/conditions/flu/>