**IMPORTANT: FLU VACCINATIONS WILL CONTINUE DURING LOCKDOWN.**

Changes have been made to make sure it's safe for you to have the flu vaccine at GP surgeries and pharmacies. These changes include social distancing, hand washing and wearing protective equipment. We need to keep everyone safe and ask that you wear a face covering when you attend the GP practice unless you have a health or disability reason for not wearing one.

It's important to go to your appointments unless you or someone you live with has [symptoms of coronavirus](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/).

Due to high demand for the flu vaccine and measures we are taking to keep you safe, there may be some delays getting a vaccination appointment. This page provides more information about when you should expect to be contacted about getting a vaccination appointment.

[**Find out more about who should have the flu vaccine and why in English and other languages**](https://www.gov.uk/government/publications/flu-vaccination-who-should-have-it-this-winter-and-why)

**FLU VACCINE AND CORONAVIRUS (COVID-19)**

The flu vaccine is safe and effective. It's offered FREE, to [certain groups of people](https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/) every year to help protect those at risk of flu and its complications.

[Play this game](https://msessex.flubeegame.com/index.html) to find out more about the flu vaccine.

[Find out about the children's flu vaccine](https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/)

Getting your flu vaccine this year is important because:

* if you're at higher risk from coronavirus, you're also more at risk of problems from flu
* if you get flu and coronavirus at the same time, research shows you're more likely to be seriously ill
* If you've had COVID-19, it's safe to have the flu vaccine. It'll be effective at helping to prevent flu.

**WHY AM I BEING ASKED TO WAIT TO HAVE MY FLU VACCINE?**

[**Find out more about the 2020 flu vaccination programme.**](https://www.gov.uk/government/publications/flu-vaccination-why-you-are-being-asked-to-wait)

**WHEN SHOULD I EXPECT TO BE CONTACTED ABOUT A FLU VACCINATION?**

**ADULTS**

**Age 65 and over**

WHEN SHOULD I BE CONTACTED?

*<Clinics have been running since September>*

DO I NEED TO BOOK?

*<Yes, please contact the surgery>*

I HAVEN’T BEEN CONTACTED WHAT SHOULD I DO?

*<Please contact the surgery>*

I’VE MISSED THE FLU CLINIC, WHAT SHOULD I DO?

*<Please contact the surgery>*

Some community pharmacies are offering flu vaccination to adults at risk from flu.

If you have your flu vaccine at a pharmacy, you do **not** have to inform us. It's up to the pharmacist to do that.

More information: [Click here](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/920259/PHE_Flu_vaccine_who_should_have_it_and_why_large_print_leaflet_ACC.pdf) for large print information

**Vulnerable groups (aged from six months - 64 years of age) with the following conditions\*:**

A list of conditions can be [found here](https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/)

WHEN SHOULD I BE CONTACTED?

*<We have been contacting this group of patients>*

DO I NEED TO BOOK?

*<yes, please contact the surgery>*

I HAVEN’T BEEN CONTACTED WHAT SHOULD I DO?

*<please contact the surgery>*

**More information:**

If you or the person you care for has a learning disability and they have a fear of needles, please speak to us and we can look at alternatives.

**[Find out information on flu vaccine and cancer treatment click here](https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/cancer-drugs/flu-vaccine)**

[**Find out information about flu vaccination and Crohn’s Disease and Ulcerative Colitis click here**](https://crohnsandcolitis.org.uk/news/the-flu-vaccine-and-ibd)

[**Find out more in this EasyRead guide to having your flu vaccination during the coronavirus pandemic.**](file:///C:\Users\routhcla\Downloads\PHE_Flu_Vaccination_during_a_pandemic_Easy-Read_A4_flyer_2020_03%20(WEB).pdf)

[**Find out more about the flu vaccine in pregnancy.**](https://www.nhs.uk/conditions/pregnancy-and-baby/flu-jab-vaccine-pregnant/)

**Shielding households**

Members of a household where an individual is on the NHS Shielded Patient List, or individuals who expect to share living accommodation with a shielded patient on most days over the winter

WHEN SHOULD I BE CONTACTED?

*<Please contact the surgery>*

DO I NEED TO BOOK?

*<yes, please contact the surgery>*

I HAVEN’T BEEN CONTACTED WHAT SHOULD I DO?

*<Please contact the surgery>*

**Carers**

Individuals who receive a carer’s allowance, or who are the main carer of an older or disabled person

WHEN SHOULD I BE CONTACTED?

*<Please contact the surgery>*

DO I NEED TO BOOK?

*<Yes please contact the surgery>*

I HAVEN’T BEEN CONTACTED WHAT SHOULD I DO?

*<Please contact the surgery>*

**Health & social care staff**

Staff directly involved in the care of vulnerable patients / residents / clients who are at increased risk from exposure to influenza, including:

* registered residential care
* nursing home or registered domiciliary care provider employees
* voluntary managed hospice provider employees
* health and social care workers employed through Direct Payments (personal budgets) and / or Personal Health Budgets, such as Personal Assistants

Employers are responsible for vaccinating frontline healthcare staff and any social care workers not included in the above definition.

WHEN SHOULD I BE CONTACTED?

*<Please contact the surgery>*

DO I NEED TO BOOK?

*<Yes, please contact the surgery>*

I HAVEN’T BEEN CONTACTED WHAT SHOULD I DO?

*<Please contact the surgery>*

**People aged 50 to 64 who do not have a chronic long-term condition**

For 50 to 64 year olds, who do not have a health condition that puts them at risk from flu, you will be offered the vaccine later on and should wait to be invited for a vaccination.

**CHILDREN**

**2 and 3 year olds**

You can have your NHS flu vaccine at:

* your GP surgery
* or through your hospital midwifery service if they offer it for pregnant women

**More information in English and other languages:** [**Find out more information about protecting your child from the flu**](https://www.gov.uk/government/publications/flu-vaccination-leaflets-and-posters)

WHEN SHOULD I BE CONTACTED?

*<Please contact the surgery>*

DO I NEED TO BOOK?

*<Yes, please contact the surgery>*

I HAVEN’T BEEN CONTACTED WHAT SHOULD I DO?

*<Please contact the surgery>*

**Children age 4-11**

The Childhood Vaccination Programme is open to all school age children and young people in Reception, Year 1, 2, 3, 4, 5, 6 & 7 who attend schools in Southend, Thurrock and Essex:

If your child is not currently attending a school in Essex, Southend or Thurrock or has missed their flu appointment at school they can be booked into community clinics – please see below information.

If you live in and around Southend, Rayleigh, Canvey, please call 01702 220181 or email

epunft.SE-Immunisations@nhs.net

If you live in and around the Basildon and Brentwood or Thurrock area, please call 01375 364663 or email epunft.sw-Immunisations@nhs.net

If you live in and around the Chelmsford area, please call 01376 302769 or email [epunft.Mid-Immunisations@nhs.net](mailto:epunft.Mid-Immunisations@nhs.net)

**More information:** [**Find out more information about protecting your child from the flu**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907433/Protecting_Child_Against_Flu_DL_leaflet_2020.pdf)

**EGG ALLERGIES**

You can still get a flu vaccine if you have an egg allergy.

For children, the LAIV vaccine (nasal spray) is safe for children with an egg allergy, but those that have previously been admitted to intensive care for severe anaphylaxis to egg should be vaccinated in a hospital. The nasal spray is also less likely to cause whole-body reactions than an injected vaccine.

For adults there are a number of vaccines with low egg contents that are safe to use, and a vaccine that is not grown in eggs that has no egg contents. Speak to your GP or pharmacist to identify the right vaccine for you.