

Bunbury Medical Practice Seasonal Flu 2020-2021

Book your appointment now!

As you will be aware there has been a lot of coverage in the media about this year's flu campaign particularly in light of COVID.

The government's advice is clear – everyone who is eligible for a free seasonal flu vaccination should take up the offer, as this will help minimise the risk of flu outbreaks which might, in turn, reduce the NHS' ability to deal with Coronavirus.

The Practice Team at Bunbury have been working on our plan to help ensure high take up whilst prioritising safety for both patients and our staff. The additional safety measures which have arisen due to COVID take account of: social distancing requirements, infection control, PPE requirements, clinical waste, and the often rapid changes in guidance that general practice might receive whilst handling the campaign.

Our stocks of seasonal flu vaccine will arrive by the end of September and we will immediately begin our program.

Last year we operated several open clinics for flu. However, this year appointments will be pre-bookable as this will help us ensure good social distancing is maintained when patients attend the surgery.

*There will be availability through the week from the beginning of October and **two Saturday Clinics on the 3rd and 10th October**. Please feel free to telephone the surgery to book your appointment.*

Eligibility For 2020 2021 Seasonal Flu Season

We are delivering our flu vaccine programme to an expanded range of patients this year:

- all those aged 2 and 3 – we will hold separate clinics for this cohort (there will be a school based campaign for children aged 4- 11)
- people aged six months to under 65 years in clinical risk groups (see detail below)
- all pregnant women (including those who become pregnant during flu season)
- people aged 65 years and over (including those becoming 65 years by 31 March 2021)
- people living in long-stay residential care homes or other long-stay care facilities
- carers
- Patients who have been on the Shielded Patient List and household contacts of those on the shielded patient list and immunocompromised individuals. They will be seen at a set time to avoid any possible crossover with other patients to ensure safety.
- all frontline health and social care workers
- *Other individuals between 50 and 64 years may be offered flu vaccine under the NHS flu vaccination programme following prioritisation of other eligible groups and subject to vaccine supply- see below*

It is proposed that other patients aged 50 – 64 will be offered the vaccine in November /December. This will be dependent on vaccine supply and we will provide more information on this when we have it.

What we are asking of our patients

When travelling to and from your appointment please follow guidelines which include keeping a safe distance from others. For more details, go to www.gov.uk and search "staying safe outside your home".

Bunbury Medical Practice already has in place a range of measures to minimise the risk of spreading infection. We ask that when you visit the surgery you:

- DO NOT attend if you are feeling unwell in any way.
- Observe social distancing measures
- Wear a mask or suitable face covering (our clinicians will be dressed in appropriate PPE)
- Arrive on time and not early for your appointment.
- Wear loose clothing and be prepared to quickly have your vaccination site (usually the top of your arm) easily accessible and ready for the clinician.
- There will be no opportunity to discuss any other aspect of your care during this appointment
- Leave promptly by the marked routes to help reduce waiting and queuing.

What can you do now?

Make your appointment by contacting the surgery by phone. Please ensure that we have your most up to date contact information including telephone number and mobile phone number.

Below is a full list of all those eligible for the free flu vaccination on the NHS this year (2020/2021):

- all children aged two to eleven (but not yet twelve) on 31 August 2020 (we will hold separate clinics aged 2-3, older children will be vaccinated at school)
- aged 65 years or over (including those turning 65 years by 31 March 2021)
- aged from six months to under 65 years of age, in a clinical risk group with:
 - chronic (long-term) respiratory disease, such as severe asthma, chronic obstructive pulmonary disease (COPD) or bronchitis
 - chronic heart disease, such as heart failure
 - chronic kidney disease at stage three, four or five
 - chronic liver disease
 - chronic neurological disease, e.g. Parkinson's or motor neurone disease
 - a learning disability
 - Diabetes
 - splenic dysfunction or asplenia (no working spleen)
 - a weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment)
 - morbidly obese (defined as BMI of 40 and above)
- all pregnant women (including those who become pregnant during flu season)
- household contacts of those on the NHS Shielded Patient List, or of immunocompromised individuals, specifically individuals who expect to share living accommodation with a shielded patient on most days over the winter and therefore for whom continuing close contact is unavoidable
- people living in long-stay residential care homes or other long-stay care facilities where rapid spread is likely to follow introduction of infection and cause high morbidity and mortality. This does not include, for instance, prisons, young offender institutions, university halls of residence, or boarding schools (except where children are of primary school age or secondary school Year 7).
- those who are in receipt of a carer's allowance, or who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill.
- health and social care staff, employed by a registered residential care/nursing home or registered domiciliary care provider, who are directly involved in the care of vulnerable patients/clients who are at increased risk from exposure to influenza.
- health and care staff, employed by a voluntary managed hospice provider, who are directly involved in the care of vulnerable patients/clients who are at increased risk from exposure to influenza.

Thank you