

Forestside Medical Practice

Flu Vaccinations 2020

Forestside Medical Practice is making arrangements for the upcoming Flu season.

The Coronavirus pandemic and the social distancing measures are dictating a different approach than usual.

We will be holding 2 Saturday clinics this year on the 26th September 2020 and 3rd October 2020 at Applemore school, Roman Rd, Dibden Purlieu, Hythe, Southampton SO45 4RQ between 08:45 -14:45.

We need as many Patients as possible to attend these clinics.

We are aiming to vaccinate our Patients as early as possible, in order to gain good protection when the Flu begins to circulate in November.

You may receive a Flu vaccination on the NHS, if you fit into the following categories:

- all those aged two and three on 31st August 2020 (date of birth on or after 1 September 2016 and on or before 31st August 2018), in general Practice
- all Primary school-aged children (date of birth on or after 1st September 2009 and on or before 31st August 2016), in the school-based programme
- for those aged from six months to less than 65 years of age, Clinicians should offer immunisation, based on individual assessment, to clinically vulnerable individuals such as those 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, such as Parkinson's disease or motor neurone disease, or learning disability
 - diabetes
 - splenic dysfunction or asplenia
 - 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 women who become pregnant during the flu season)

- people aged 65 years or over (including those becoming age 65 years by 31st March 2020)
- 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 if children in boarding school are of Primary school age)
- 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
- household contacts of immunocompromised individuals, specifically individuals who expect to share living accommodation on most days over the winter and therefore, for whom continuing close contact is unavoidable
- all primary school-aged children (date of birth on or after 1st September 2009 and on or before 31st August 2016), in the school-based programme

Children will **NOT** be vaccinated at this Clinic. We will contact Parents with a date and time, once information is available.

We will only be able to vaccinate Patients registered at Forestside Medical Practice, and you **MUST** make an appointment via reception. Please telephone on 02380 844546 to book your slot **after the 17th August 2020**

Patients from one household are asked to attend in one car if possible. Only car share if you can do so safely.

Please attend as near to your given time as possible, to reduce traffic congestion.

Please wear **Short Sleeves** and have an exposed arm on arrival.

Please wear a face covering.

Patients will remain in their car.

Staff will be wearing protective clothing to reduce infection risk.

On the 24th July 2020 it was announced that all UK residents, over the age of 50, would be given a Flu vaccination this year. This will not be given in this clinic. We will contact Patients with a date, after the "at risk group" have been compiled.

Many Thanks

Dr Stuart Hudson

Senior Partner