

Flu Vaccinations 2020-21

Flu Clinic Dates

- Tuesday & Thursday
- Appointment only
- Starting from 15th September 2020
- If you are eligible you will be contacted by the surgery to book an appointment.

Covid Safe?

- Reducing footfall in the surgery
- Screening before appointment
- Staff will be wearing appropriate PPE
- Ensuring patients and staff adhere to social distancing
- Following local and national guidelines to keep everyone safe

Not sure about getting the flu jab this year?

- There are some myth busters on the following page which we hope can help
- Still unsure? Please contact the surgery to discuss this further

Why is the flu jab important?

Over 65 and at risk groups

It reduces the risk of developing complications from flu infections, which include bronchitis, pneumonia and death.

Children

To prevent spreading the virus within the family, the elderly and those more at risk from complications.

Healthcare Workers and Carers

More likely to be infected by flu due to repeated exposure and can pass on to patients.

In the current Covid-19 Pandemic

With the flu circulating alongside Covid-19 this year, those in high risk groups are more likely to suffer complications of both viruses. Protecting against flu will help reduce the chance of hospitalisation from flu complications. And also help reduce the burden on the NHS over winter.

Who can have the flu jab this year?

This year the flu vaccine is being offered on the NHS to:

- adults **65 and over** (including anyone who will be 65 by the 31st March 2021)
- people with **certain medical conditions** (including children in at-risk groups from 6 months of age)
- **pregnant women**
- **CARERS** - including people living with someone who's at high risk from coronavirus (on the NHS shielded patient list)
- children **aged 2 and 3** on 31 August 2020
- **children in primary school** (note. these vaccines are available via the school ONLY)
- **children in year 7** (secondary school) (note. these vaccines are available via the school ONLY)
- **frontline health or social care workers**
- *adults aged 50-64 may be offered the vaccination – this will only be provided if there is a surplus of vaccines.*

How to decline

If you already know that you don't want a flu vaccine at all please call to tell us. You could also send us a message online to decline if that's easier so that your vaccine can be offered to someone else who needs it: This year more than ever, this is very important as vaccines supplies are expected to be in extremely high demand. [Click here to send us a message to decline](#)

Contact Us

Athena Medical Centre
21 Atherden Road
Clapton
E5 0QP
Tel: 0208 985 6675
athenamedicalcentre.co.uk

Myth Busters

1) The Flu is the same as a heavy cold

The flu is much worse than a cold; symptoms come on more quickly and severely with the flu. Symptoms include fever, chills, headache, aching muscles, cough and sore throat.

2) Having the flu vaccine gives you the flu

No it doesn't! The adult vaccine contains inactivate flu virus, however some people will get a sore arm and temperature and aching muscles for a few days afterwards.

The childrens nasal spray vaccine contains a weakened live strain of the flu which cannot cause the flu.

3) You don't need the flu vaccine every year

The flu virus changes slightly every year, and the antibodies your body makes to protect you weaken with time. So you need an updated flu jab every year.

4) I am pregnant so I shouldn't have the flu jab

You are more at risk of complications if you are pregnant and should have the flu jab at any stage of your pregnancy. The flu jab can also protect you baby in the first few months after they are born from the flu virus.

5) I have had the flu already this year so I don't need the jab

If you are in the at risk group, you still need the flu jab. The flu is caused by multiple strains of the flu virus, and you will only be protected the one strain you have developed immunity against.

It is also possible what you thought was the flu was in fact something else. There is an overlap of symptoms with many other viral illnesses, including coronavirus.