

LOVEMEAD GROUP PRACTICE

Roundstone Surgery – Flu Campaign

**ELIGIBLE PATIENTS WILL RECEIVE A LETTER FROM THE SURGERY**

DUE TO SOCIAL DISTANCING, OUR FLU SERVICE  
THIS YEAR WILL BE VERY DIFFERENT

**OUR INITIAL SATURDAY CLINICS WILL BE HELD AT  
TROWBRIDGE CIVIC CENTRE  
(LOCATED IN TROWBRIDGE TOWN PARK)**

We are releasing two dates at the moment:  
Further dates will be available in due course

**Saturday 12th September**

**Saturday 3rd October**

**WE WILL ONLY HAVE ADULT VACCINE AVAILABLE FOR THESE CLINICS –  
CHILDREN'S INVITATIONS WILL FOLLOW WHEN VACCINE IS AVAILABLE**

**\*\*\*\*\*IMPORTANT\*\*\*\*\***

**Please do not attend if you are showing any new symptoms of COVID 19  
(high temperature, new cough, loss of taste) either on the day, or in the  
2 weeks prior**

**VACCINE INFORMATION: There are several types of flu vaccine. You will be offered the vaccine that's most effective for your age.**

- Children aged 2 to 17 in an eligible group are offered a live attenuated quadrivalent vaccine (LAIV), given as a nasal spray
- Adults aged 18 to 64 who are either pregnant, or at increased risk from flu because of a long-term health condition, are offered a quadrivalent injected vaccine - the vaccine offered will have been grown either in eggs or cells (QIVe or QIVc), which are considered to be equally suitable
- Adults aged 65 and over will be offered either an adjuvanted trivalent injected vaccine grown in eggs (aTIV) or a cell-grown quadrivalent injected vaccine (QIVc) - both vaccines are considered to be equally suitable.

**How effective is the flu vaccine?**

Flu vaccine is the best protection we have against an unpredictable virus that can cause unpleasant illness in children and severe illness and death among at-risk groups, including older people, pregnant women and those with an underlying medical health condition.

Studies have shown that the flu vaccine will help prevent you getting the flu.

It will not stop all flu viruses and the level of protection may vary, so it's not a 100% guarantee that you'll be flu-free.

But if you do get flu after vaccination, it's likely to be milder and shorter-lived than it would otherwise have been.

There's also evidence to suggest that the flu vaccine can reduce your risk of having a stroke.

Over time, protection from the injected flu vaccine gradually decreases, and flu strains often change.

New flu vaccines are produced each year, which is why people are advised to have the flu vaccine every year, too.

### **Can the flu vaccine prevent Covid-19?**

The flu vaccine is designed to prevent infections with influenza viruses, which are very different than coronaviruses. The flu vaccine won't prevent you from getting a coronavirus, but it can help officials better respond to the outbreak of COVID-19, the disease caused by the new virus.

### **Flu vaccine side effects**

Serious side effects of the injected flu vaccine are very rare.

You may have a mild fever and aching muscles for a couple of days after having the vaccine, and your arm may be a bit sore where you were injected.

Side effects of the nasal spray vaccine may commonly include a runny or blocked nose, a headache, tiredness and some loss of appetite.

### **How safe is the flu vaccine?**

The flu vaccines used in the national programme have a good safety record.

Flu vaccines that have been licensed recently in England have been thoroughly tested before they're made available, and have been used in other countries with a good safety record.

### **When to have a flu vaccine**

The best time to have a flu vaccine is in the autumn. But do not worry if you have missed it, as you can have the vaccine later in winter.

Each year, the viruses that are most likely to cause flu are identified in advance and the World Health Organization (WHO) recommends which type of flu virus strains to include in the vaccine.

### **Is there anyone who should not have the flu vaccine?**

Most adults can have the injected flu vaccine, but you should avoid it if you have had a serious allergic reaction to a flu vaccine in the past.

**Further information** can be found at the following nhs website:

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>