

## **FLU VACCINATION 2021/22**

### **ADULTS**

People who are most at risk from the complications of flu are recommended to get a flu vaccine every year.

This winter it is especially important with flu and coronavirus (COVID-19) both in circulation. Research shows that if you get flu and COVID-19 at the same time you may be more seriously ill.

You don't need to wait to be invited to have your vaccine. If you are eligible you can make an appointment at The Avenue Surgery or ask any pharmacy that provides the NHS service.

You can get a free flu vaccine if you are:

- are aged 50 years or over (including those aged 50 by 31 March 2022)
- have long-term health conditions (such as asthma, diabetes, multiple sclerosis, Parkinson's disease, heart, liver or kidney disease).
- are pregnant
- live in a residential or nursing home
- receive a carer's allowance, or are the main carer of an older or disabled person who may be at risk if you get sick
- live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis).

[Click here for more details](#)

### **HOUSEBOUND PATIENTS**

Any patients who are recorded on our system as housebound, will be contacted by the Team at Brighton Racecourse run by HERE. HERE will contact housebound patients directly.

### **CHILDREN**

All children aged 2 and 3 (ie born between 1 September 2017 and 31 August 2019) will receive their nasal flu vaccine at The Avenue Surgery. If your child falls within this age group please ring the Surgery to book an appointment.

All other children, including those children considered at risk, should have their flu vaccine at school where possible. This year the School Immunisation Service will be vaccinating all primary school aged children (Reception to Year 6) and all secondary school young people (Years 7 – 11).

**PLEASE NOTE:** Our phone lines are very busy at the moment, so it is probably best to ring after 5pm.