

Academy Medical Centre

Special Edition - Flu Vaccination Programme 2020

Autumn 2020

There are no drop in clinics at the practice this year so you will have to book an appointment.
Please keep reading to find out how you can do this...

Important
Message



One less thing you need to worry about this Winter
All you need to know about getting your flu vaccination

RECEIVING THE
FLU VACCINATION
IS MORE IMPORTANT
THAN EVER IN
2020



We are doing our flu clinics a bit differently at Academy Medical Centre due to current circumstances. We want to make sure things are as safe and as easy as possible for everyone and we want to let you know what to expect when you come to see us for your flu injection.

There are no drop in clinics this year so we have made a video which will take you through how the clinics will work step by step. To book appointments online see our online guide on how you can do this or select 7 for the flu option when phoning the practice.



Please follow this link to watch our video to find out more about how our flu clinics will work-

<https://www.academymedicalcentre.co.uk/news/2020/flu.htm>

For services and the latest practice news let us know your email address and we will add you to our mailing list or visit

www.academymedicalcentre.co.uk

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So how do I get my flu vaccination??

We have made a number of changes at the practice for our flu clinics to keep you and our staff as safe as possible



To get vaccinated at the practice this year please read the following information carefully...

APPOINTMENT



There will be no drop in clinics

Please do not attend the surgery to make an appointment as we are only admitting patients to the premises if they have an appointment booked.



You can make your flu vaccination appointment in 2 ways either by phoning the practice and selecting option 7 or signing up and registering for our online appointment booking.

online

Making appointments online is easy! You will need to register to do this, then you can book your flu appointments online. Please watch our video guide on how to register and book in <https://youtu.be/bKhXK070R7E>



Please do not arrive too early for your appointment, no more than 2 or 3 minutes before your allocated time as you will not be permitted entry. This is to ensure we don't have too many people in the building at one time.



You will be asked a few questions at the door and asked to sanitise your hands before you come in.



PLEASE DO NOT ENTER
WITHOUT A FACE MASK.

Please arrive with your mask on and you will be required to wear this throughout the visit.



On entering the vaccination room do not cross the line which is marked on the floor. You will receive your vaccination in a standing position.

ONE WAY



We will have a one way system in place at the clinics. Staff and volunteers will be on hand to help you to follow this



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- Our clinics will be running in the practice on
- **Monday 5th October from 7am-7pm**
- **Tuesdays 13th, 20th and 27th October, 3rd and 10th**



If you live in Letham, you can contact the surgery to book your flu vaccination at Letham Health and Wellbeing Centre. Clinics Will be running from 1.30—4pm on Wednesdays 30th September, 14th, 21st and 28th October. You must also book an appointment for these clinics which will run in a similar manner to those here at Academy Medical Centre.

Or you can attend clinics at Whitehills Health and Community Care Centre which are running Monday—Fridays from 8.30am-4pm starting from 28th September. The appointments must also be booked by calling the practice or you can phone 01241 822527 on Monday—Friday between 8.30-5pm

If you develop covid19 symptoms (new consistent cough, temperature and/or a loss/change in taste and smell) do not attend your flu vaccine appointment! This can be rearranged for you at a later date.

How do I know if I can get a flu vaccine this year??



- People aged 65 and over
- People at increased risk due to a health condition such as lung disease, heart disease, diabetes, kidney disease, neurological disease and those with a weakened immune system
- People who were shielding during lockdown and members of their household
- People who are pregnant
- People who are health or social care workers

If you are not sure please check our website or contact the practice

- Children aged 5—17 will be offered a vaccination at school
- Children aged 2—5 will be able to get a vaccine from the Child Immunisation team

People aged between 55—64 will be offered a vaccination in Phase 2 of the flu programme



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Symptoms

Flu can present with many different symptoms such as Fever, Cough, Sore throat, Runny or stuffy nose, Aching body, Headache, Chills, Tiredness, Diarrhoea, Vomiting, Difficulty breathing or shortness of breath, Pain or pressure in the chest or abdomen, Sudden dizziness, Confusion

Most people recover completely from flu within a few weeks however for some people the infection is more serious and can lead to complications. These include pneumonia, ear and sinus infection and the worsening of chronic health problems such as heart disease, asthma and Diabetes. You are more likely to develop complications if you are older or already suffer from a chronic health condition.

Therefore, flu is a potentially dangerous virus, which can be easily protected against!



How does the vaccine work?

The Flu virus changes slightly every year and so every year a new vaccination is produced to protect against the strains of flu which will be circulating within the UK. The Flu injection consists of deactivated flu virus; therefore the immunisation cannot give you Flu. The vaccine causes the body's immune system to make antibodies, preparing you to fight off the flu virus. If you are pregnant when you receive the vaccination, your child will also be protected within its early months. Once vaccinated you will be protected for the whole flu season but as Flu strains change each year, you must ensure you are vaccinated every year to ensure you can fight off the Flu virus.

What is Flu and is it really that dangerous?

The Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, hospitalisation, and at times can lead to death.

Outbreaks of flu occur every year during the winter months and usually peak between December and March. Every year the virus is different and affects people differently. Flu is spread through small droplets of saliva from coughing or sneezing. It can also be picked up from surfaces such as door handles through unwashed hands.

Even healthy people can spread the virus as symptoms usually appear 2 days after catching the virus and those with the virus are infectious for up to a week.

Getting your flu vaccine is one of the most important reasons for leaving your home. Strict infection prevention and control measures will be in place during vaccination visits to any of these clinics.

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