



# NARBERTH SURGERY

## Seasonal Influenza Vaccination

Are you eligible for a seasonal flu vaccination?

- Aged over 65yrs
- Children aged 2 to 3 years - The vaccine being used for the children is Fluenz, a nasal spray and not an injection.
- Pregnant
- Live in long stay care
- In one of the at risk groups
  - Heart problem
  - Chest complaint or breathing difficulties, including asthma (if you take regular inhaled or oral steroids) bronchitis and emphysema
  - Kidney disease
  - Lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
  - Liver disease
  - Stroke or a transient ischaemic attack (TIA)
  - Diabetes
  - Neurological condition for example, multiple sclerosis (MS), cerebral palsy or are suffering post-polio syndrome
  - No spleen or a problem with your spleen for example, sickle cell disease
  - Carers of an elderly or disabled person (paid or unpaid)

Even if you feel fit and healthy, experts recommend that you definitely have the **free** seasonal flu vaccine

**NB:** We will not be offering vaccinations to patients aged 50 to 64 years (unless you are in one of the at risk groups) until November or December 2020, and only when directed by Welsh Assembly Government.

**Dr V Fleming, Dr H Wang, Dr P Crawford, Dr N Welch, Dr M Mackintosh, Dr P Graves, Dr C Lewis**  
**Northfield Road, Narberth, Pembrokeshire, SA67 7AA.**

**Tel: 01834 860237**

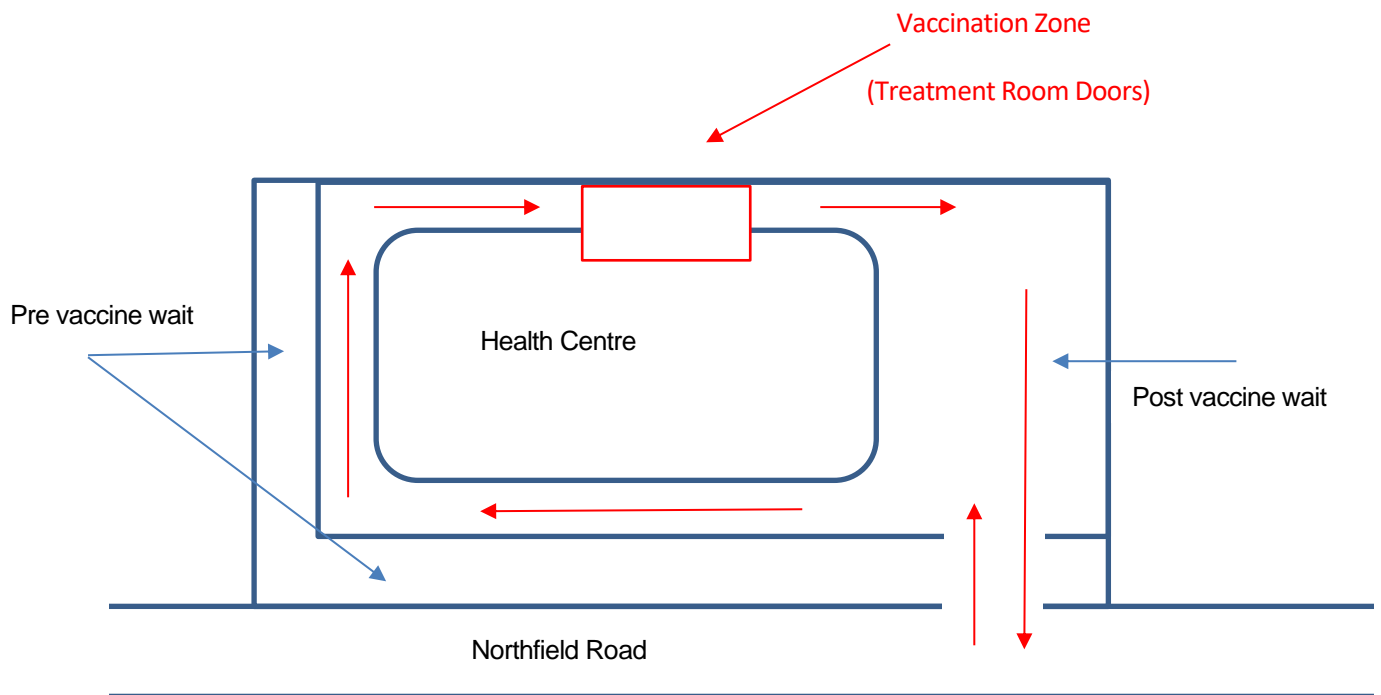
## 2020 Flu Clinic

Influenza vaccination this year has changed due to COVID-19, all vaccinations are by appointment only.

Please contact the surgery to make an appointment:

**In Surgery Mon – Fri 08:30 – 10:30**

**Drive-thru Saturday 10<sup>th</sup> October 2020 09:00 – 15:00**



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## What to Expect

### If attending the surgery:

You will be required to wear a mask

Your temperature will be taken

Your eligibility will be checked

You will be required to remove all outer garments (coats jumpers etc.) and wear short sleeves where ever possible prior to being called for your vaccination

You will be required to maintain social distancing

You will be required to wait in your car for 10 minutes after receiving the vaccination

### If attending the Drive-thru:

You may attend with other eligible household members

You will be required to wear a mask

Your temperature will be taken

Your eligibility will be checked

You will be required to wait in your car for 10 minutes after receiving the vaccination

There will be marshals assisting the surgery with traffic control who may not be surgery staff

**Please DO NOT attend the surgery other than at your allocated time**

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## Why is it so important to get the flu vaccination this year?

### Will it protect me from COVID-19?

No, the flu vaccination will not protect you from COVID-19. But it's important to protect yourself from influenza for several reasons.

If you haven't received the vaccine in previous years, this is the year to get it. Flu often takes an enormous toll on the NHS, so it's vital that people do what they can to reduce their chances of getting it. Otherwise, hospitals and surgeries could become overwhelmed if they need to treat both flu and COVID-19 patients.

There is an "overlap" in the people who are at especially high risk of critical illness from influenza and from COVID-19, including over 65s and people with underlying health conditions.

It is particularly important this year that those with high-risk conditions receive the influenza vaccine so that we are not utilizing critical hospital beds for influenza that could be used for those with COVID, [where] there is currently no vaccine.

Getting a flu vaccine could also help reduce "unnecessary testing" for COVID-19, because several symptoms of both illnesses are similar.

In addition, it's not known whether people will become co-infected with both flu and COVID-19 at the same time — and what the consequences of that combination could be.



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