



Flu Vaccinations 2020/21

PLEASE HELP US TO HELP YOU

The practice has around 5000 people to vaccinate this year, which is more than ever before. This occurs at a time when social distancing makes the task more difficult than ever before. Please be assured that we are doing our utmost to achieve this in a safe way for all our patients, whilst maintaining as many of our usual services as possible. To help us to do this we ask for your forbearance, understanding and that you take a few minutes to **read this document**. We believe that, if we work together, we can still maintain Scotland's position as a world leader for vaccination rates.

Key Messages

1. **PLEASE FOLLOW THE INSTRUCTIONS BELOW ON WHEN AND HOW TO BOOK YOUR VACCINATION.**
2. **PLEASE READ OUR GUIDANCE ON ELIGIBILITY AND HOW THE CLINIC WILL OPERATE.**
3. **PLEASE DO NOT ATTEND THE SURGERY ON MONDAYS BETWEEN 9AM-12NOON AND 2PM-5PM FOR ANYTHING OTHER THAN YOUR **PRE-BOOKED** FLU APPOINTMENT.**

Am I eligible for the flu vaccination this year?

Most of those eligible will receive a letter from the government advising you of this.

If you are uncertain, please see the detail below:

- **Patients under 64 with a health condition* ['at risk groups'](#)**

Please book your flu vaccine appointment online where possible.

***If you have asthma, you only qualify for a vaccination if you are on a regular daily preventer inhaler.**

Please note, we do not yet have a delivery date for children's vaccinations, so please do not book an appointment online for a child yet.

- **Adults 65 and over (as of 31st March 2021)**

Please book your flu vaccine appointment online where possible.

- **Children aged 2 to 5 (and not yet at school)**

We will be contacting patients regarding childhood flu vaccinations that are not carried out as part of the school programme as soon as we have confirmed delivery dates of these vaccines, most likely mid October.

- **Unpaid and young carers**

Please book your flu vaccine appointment online where possible.

- **Pregnant women**

If you are pregnant please contact your midwife to find out how to get your flu vaccination.

- **Over 50 and under 65 without a long term condition**

You may be aware that the government recently announced that the 2020 flu vaccination programme would be available to people over 50 for the first time.

We await information on when the vaccine for this group will be available but we do not anticipate this happening before December 2020.

We will communicate with this group of patients as soon as we receive further information about this. **Meanwhile please do not call the practice regarding flu vaccinations for the over 50s.**

- **Those living with people who have been shielding from COVID19**

If you are living with someone who was shielding please book your flu vaccine appointment online where possible. Please note we will not be inviting people in this category as they are a difficult group to identify. If you are a patient registered with us living with someone shielding we will vaccinate you.

When should I book my appointment?

Our Flu Clinics will commence at the start of October and will run until December. Online booking will be available via our [website](#) from week beginning 21st September.

How do I book my appointment?

To avoid further clogging of our phone lines, we ask that everyone who can do so, should book their flu appointment online via our [website](#). If you do not have access to the internet you will also be able to contact the practice to make your appointment. Please call the practice on **01463 712233 after 2pm.**

When are the flu clinics?

Monday's 9am-12pm & 2pm-5pm

Our flu clinics will be held on a Monday over 10 weeks and will commence 5th October 2020. Unless you arrive on foot, you will be required to wait in your car until a member of staff signals that it is your turn to join the outside queue (anticipated waiting time is 4 minutes).

For patients who feel that attending a Monday clinic will be challenging due to mobility, as well as those that truly cannot manage any of the 10 Monday clinics due to work or other pressing commitments, we will operate 2 Saturday clinics. The Saturday clinic will operate at a slightly slower pace with limited spaces so please book a Monday appointment where possible.

What must I do when I come for my appointment?

We recognise that being ready for your vaccination with the **top of your arm exposed** can be tricky in cold weather. Whilst the queue will be outside, in order to maintain social distancing, we anticipate that the bulk of the wait for those arriving in cars will be inside their car and that no patient should be waiting outside for more than 4 minutes.

We are asking patients to follow these guidelines when attending their flu vaccination appointment:

- Arrive promptly, 5 minutes before your appointment time.
- Please advise our on-duty staff member if you are booked into 'Flu Clinic 1' or 'Flu Clinic 2'.
- Please wear a face covering from when you are advised to join the queue outside and maintain a 2m distance.
- Please do not enter the building until advised to do so by a member of our team.
- Please follow the signs directing you around the building.
- Please wear clothing that allows the **top of your arm to be exposed** ready for the vaccination as soon as you go in to see the clinician. The clinician will only have 2 minutes to do your vaccination and prepare for the next.
- Please cancel your appointment as soon as possible if you are unable to attend – these clinics are extremely popular and this means we can offer the slot to someone else.
- As with all appointments at the current time, please do not visit the practice if you have a fever, cough or have lost your sense of taste or smell. Please cancel and rearrange your appointment if you have any of these Covid symptoms.
- Please note you will not be able to use our toilet facilities when attending your flu vaccination appointment.
- Please leave the car park promptly after your vaccination to create space for patients following after you. If you do find that you need to park on Culduthel Road because the Practice car park is full please advise our on-duty staff member and share your vehicle registration number with them. The Council has agreed that parking fines will be waived in such circumstances.

What if I cannot attend the surgery?

If you consider yourself to be housebound (i.e. you cannot leave your house even with the assistance of a friend or relative) there are other ways to get your vaccination. If you see the district nurses regularly they will give you your immunisation. If you do not see the District Nurses regularly **you will need to let the practice know that you are housebound so that we can inform the Community Immunisation Team.** Please send an email to nhsh.gp56006-reception@nhs.scot or call the practice on **01463 712233**.

What about pneumococcal and/or shingles vaccinations?

We will be holding separate clinics for the pneumococcal and shingles vaccinations. If you are eligible for the pneumococcal or shingles vaccination we will contact you to invite you to attend these clinics in due course.