



Are you Eligible for a Free Flu Vaccination?

Each year, the NHS offers a free Flu Vaccination to groups of people considered to be most at risk. If you are in one of the groups below, you should be hearing from Holderness Health soon to remind you to book your vaccination. **It is more important than ever that you protect yourself this winter.**

Appointments will be available to book online and via telephone from 1 September 2020. Please act as soon as these appointments are made available to book your appointment with the practice during October.

People in the following groups should attend for flu immunisation:

- Children aged 2-3 (Young children receive a nasal spray rather than an injection. Older children are normally vaccinated at school.)
- People over 65 (including those becoming age 65 years by 31 March 2021)
- People under 65 years of age in a clinical risk group such as those with:
 - chronic (long-term) respiratory disease, such as severe asthma, chronic obstructive pulmonary disease (COPD) or bronchitis
 - chronic heart disease, such as heart failure
 - chronic kidney disease at stage three, four or five
 - chronic liver disease
 - chronic neurological disease, such as Parkinson's disease or motor neurone disease,
 - learning disability
 - diabetes
 - splenic dysfunction or asplenia
 - a weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment)
 - morbidly obese (defined as BMI of 40 and above)
- Pregnant women
- Regular household contacts of those on the NHS Shielded Patient List, or of immunocompromised individuals. This applies especially if you expect to share living accommodation with a shielded patient on most days over the winter.
- People receiving a carer's allowance or who are the main carer of an older or disabled person
- Health and social care staff directly involved in the care of vulnerable patients/clients