

Buckden & Little Paxton Surgeries

Newsletter



Flu Vaccination 2020

Contact Us

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Buckden Tel: 01480 810216

Email: bandlp@nhs.net

Saturday Flu Clinics

3 October

31 October

14 November

At these clinics, we will offer flu, pneumococcal and shingles vaccination to eligible patients aged 18 and over. See the following pages for further information on who is eligible.

Due to the pandemic, the flu clinics will be a little different to help maintain social distance.

Buckden Surgery

There will be three separate clinics with separate entrances on each flu day

Clinic 1: Main entrance – this will be for anyone who has mobility issues

Clinic 2: The staff entrance up the stairs. If you also need pneumococcal or shingles vaccination this will be where you are booked.

Clinic 3: The fire exit around the back up a short flight stairs for everyone else

There will be staff outside the surgery to ensure you reach the correct clinic. Please remember into which clinic you are booked. Where possible we will text you a reminder the week before, please ensure we have your correct mobile phone.

We will be operating a one in one out system for each clinic.

Little Paxton Surgery

One clinic for any patient with or without mobility issues to have any of the vaccination they are eligible for.

We will be operating a one way system using the main entrance and exiting at the back door.

On the day

Please arrive on time

Please wear a face mask

Please do leave your car at home, if you can. Patients and staff will be in the carpark at Buckden – please take extra care.

Please do not come if you have any covid symptoms

We appreciate your co-operation to help these days run smoothly, efficiently and most importantly safely.

The Saturday clinics will be busy with lots of patients. We are also putting on clinics at Little Paxton on some Mondays, Wednesdays and Fridays; please ask to be booked into these clinics if you prefer a quieter clinic.

Please call our Reception team on 01480 810216 to book an appointment. If you can, please call after 11am when our phone lines are generally quieter.

Housebound Patients

If you, or someone you know, is unable to attend the surgery and would like a flu vaccination, please contact us before **25 September 2020** on 01480 810216.

Eligible Patients under 18

Children in years 1 through 6 (Primary School) and year 7 (Secondary School) should have the vaccination at School. We will be running separate clinics later in the year for children aged 2 and 3 on 31 August 2020 and other eligible patients under 18 who are passed year 7 (or who do not attend school). Invitations will follow.

Why vaccination is safe and important

- protect other people in your community – by helping to stop diseases spreading to people who cannot have vaccines
- reduce or even get rid of some diseases – if enough people are vaccinated
- do not overload or weaken the immune system – it's safe to give children several vaccines at a time and this reduces the amount of injections they need
- do not cause allergies or any other conditions – all the current evidence tells us that vaccinating is safer than not vaccinating

<https://www.nhs.uk/conditions/vaccinations/why-vaccination-is-safe-and-important/>

Who should get the flu vaccine?

This year the flu vaccine is being offered on the NHS to:

- Adults 65 and over
- People with certain medical conditions (including children in at-risk groups from 6 months of age)
- Pregnant women
- People living with someone who's at high risk from coronavirus (on the NHS shielded patient list)
- Children aged 2 and 3 on 31 August 2020
- Children in primary school
- Children in year 7 (secondary school)
- Frontline health or social care workers

Later in the year, the flu vaccine may be given to people aged 50 to 64. More information will be available later in the autumn.

However, if you're aged 50 to 64 and in an at-risk group, you should not delay having your flu vaccine.

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Who should have the pneumococcal vaccine?

A pneumococcal infection can affect anyone. But some people are at higher risk of serious illness, so it's recommended they're given the pneumococcal vaccination on the NHS.

These include:

- babies
- adults aged 65 or over
- children and adults with certain long-term health conditions, such as a serious heart or kidney condition

For the majority of patients, the pneumococcal vaccination is a once in a lifetime vaccination. For patients with certain medical conditions, a booster is required every five years.

<https://www.nhs.uk/conditions/vaccinations/pneumococcal-vaccination/>

Who can have the shingles vaccination?

You are eligible for the shingles vaccine if you are aged 70 or 78 years old.

In addition, anyone who was previously eligible (born on or after 2 September 1942) but missed their shingles vaccination remains eligible until their 80th birthday.

When you are eligible, you can have the shingles vaccination at any time of year. The shingles vaccination is a once in a lifetime vaccination.

The shingles vaccination is a live vaccine. If you have a weakened immune system – your GP can advise you whether it is suitable for you.

How safe is the shingles vaccine?

There is a lot of evidence showing that the shingles vaccine is very safe. It has already been used in several countries, including the US and Canada, and no safety concerns have been raised. The vaccine also has few side effects.

<https://www.nhs.uk/conditions/vaccinations/shingles-vaccination/>

