



### **Who should have the flu vaccine:**

The flu vaccine is recommended for people at higher risk of getting seriously ill from flu.

It's offered on the NHS every year in autumn or early winter.

You can get the free NHS flu vaccine if you:

Are aged 65 or over (including those who will be 65 by 31 March 2026)

Have certain long-term health conditions

are pregnant

Live in a care home

Are the main carer for an older or disabled person, or receive a carer's allowance

Live with someone who has a weakened immune system

We have sent out booking links to all of our patients who have access to mobile phones. Our Flu Clinics are running on Thursdays afternoons: 2nd, 9th, 16th, 23rd and 30th October. We are also running a Saturday Clinic on the 4th October all day.

Covid eligibility has changed this Autumn and we can only vaccinate patients who are 75 years and over or turning 75 during this season, plus patients who are severely immune compromised.

We are trying to call those patients who are eligible that do not have mobiles that can receive self-booking links. However, it does take time. So, if you know of a family member or friend who is one of our patients and needs to book in, then please let them know to call us, ideally after 10am Monday to Friday.

**We have a separate Flu Vaccination Programme for Children aged 2-3:**

Parents have been sent self-booking links.

Flu can be serious for young children and spreads quickly in nurseries and households. That's why children aged 2 and 3 are being offered a free nasal spray flu vaccine through their GP practice — quick, painless, and no needles involved!

- ✓ Helps protect your child from serious illness
- ✓ Reduces the chance of spreading flu to family and friends
- ✓ Safe and effective — with mild, short-lived side effects

**NHS**



**terrible  
twos?  
might be  
terrible  
flu.**

No one wants their child to be poorly. Protect them this winter by getting their flu nasal spray vaccination.

**#JabDone**