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'We will provide services that everyone can be proud of'

Saltash Health Centre – Newsletter September 2020

Flu

We are now offering influenza (flu) vaccinations at the health centre starting in September when we receive our vaccine delivery. We are expecting an increase in the flu vaccine uptake this year due to the COVID pandemic. You will remember in previous years if you attended the health centre we carried out large scale vaccination sessions. This year due to COVID and need to protect patients and staff through social distancing we will be running the clinics in a different way to ensure you can remain safe.

The flu clinics will take place at **Saltash Football Ground**; this is a large indoor space that will allow us to see patients in a safe, socially distanced space.

The clinics will be taking place on the following dates –

Day	Date	Start time	Finish time
Wednesday	7/10/2020	9:00am	12:00pm
Thursday	15/10/2020	9:00am	4:00pm
Monday	26/10/2020	9:00am	6:00pm
Tuesday	27/10/2020	9:00am	6:00pm
Wednesday	28/10/2020	9:00am	6:00pm
Thursday	29/10/2020	9:00am	8:00pm
Friday	30/10/2020	9:00am	6:00pm
Saturday	31/10/2020	9:00am	12:00pm

By offering so many dates we can schedule patient appointments to maintain social distancing whilst still vaccinating a large number of patients. This will also give patients some flexibility on dates to attend. ***Please note you should only attend if you have booked an appointment on a specific date, please do not drop in.***

Who is eligible for flu this year?

- Patients aged 65 or over
- Patients aged who are aged under 65 with any of the following health conditions:
 - Asthma or another chronic chest complaint
 - Heart problems
 - Diabetes
 - Kidney disease
 - Liver Disease
 - Neurological Disease
 - A carer
 - If you suffer from a serious illness and have a reduced ability to fight infection
 - MS and other degenerative disease of CNS
- Patients aged 50 to 64 years

Later in the year between November and December the flu vaccine may be offered to 50-64 year-olds. We are still awaiting further guidance from the Department of Health which we expect will be available later in the autumn.

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

- Children over the age of 6 months with a long-term health condition and healthy 2-3 year olds
- Pregnant women
- Carers who are the main carer should speak to a GP or pharmacist about having a flu vaccine along with the person they care for.

Where else can I get my flu vaccination?

You can attend any of the local community pharmacies in Saltash, they are currently advertising appointments for patients. There are also a number of drive-through flu clinics being set up in Liskeard and Callington, when we have more details we will share the details with you as this may provide an option for some patients.

How will I book my appointment?

We have identified all our patients needing a flu vaccine, we intend to book dates for our shielded patients first as they are the most vulnerable group. If you have previously had your flu vaccine at the health centre we will be sending you a booked appointment. There will be an option to change your appointment if it is not possible for you to attend, but we ask that you try and attend on the dates we allocate you. Some patients will be offered an option to phone and book whilst limited appointments will be made available online.

We will also offer flu vaccinations to those patients requiring the vaccine when they attend the health centre for an appointment.

You may also receive a personalised text message on your mobile phone promoting the service if you've given us permission to do so; just follow the instructions given in your message.

Flu clinic marshals?

We are also being supported during the campaign by Volunteer Cornwall and the Patient Participation Group with volunteer marshals to help ensure the clinics run smoothly, they will be making sure patients can have their vaccine safely and socially distanced.

What personal protective equipment (PPE) is required when I attend the flu clinic?

Patients are asked to wear a face covering when attending in line with current government guidance. A small number of patients may not wear a face covering due to a medical condition.

All staff and volunteers will wear PPE during the clinics.

What have we done to protect you from risk of infection?

As well as all of the current strict protocols put in place due to Covid-19 such as social distancing, reduced footfall, PPE, Covid screening etc, a number of measures specifically aimed at delivering our flu clinics have been put in place such as:

- Specific clinics for our shielded patients
- No walk in clinics
- One way systems throughout the building

How can you help us?

1. **Do not attend for your appointment if you have any COVID symptoms or are unwell**
2. **If at all possible stick with the appointment time allocated to you, only change if you really need to!**
3. **Turn up for your appointment only within 5 minutes of your appointment time – to reduce queuing**
4. **Wear clothes that allow you to make your arm available for the vaccination – for instance where a short sleeved t-shirt or blouse, also try not to bring bags!**
5. **Let us know if you require wheelchair access or have extremely limited mobility and cannot manage two or more steps.**
6. **Use the toilet before you attend as we will not be offering toilet facilities for infection control reasons**