

# The flu vaccination

## What is the flu?

Flu occurs every year, usually in the winter time. It's a highly infectious disease with symptoms that come on very quickly.

The flu is not just a bad cold. Having flu can often be much worse than a cold and you may need to stay in bed for a few days.

Common symptoms of flu are:

- Fever
- Chills
- Headache
- Aches and pains in the joints and muscles
- Extreme tiredness

Some people are more susceptible to the effects of flu and for them; it can increase the risk of developing more serious illnesses such as bronchitis and pneumonia. It can also make existing conditions worse.

## Who should have the flu vaccine?

The flu vaccination is recommended for:

- Anyone aged 65 and over
- Pregnant women
- Children and adults with underlying health conditions (such as long-term heart or respiratory disease)
- Children aged 2 and 3 years
- Children in primary school
- Healthcare workers and carers

If you would like the flu vaccine, but don't belong to one of the above groups, your local pharmacy will be able to give you the flu vaccine for a small fee. Pop into your local pharmacy for more information.

## Why should you have it?

Last year the flu led to more than 3,000 admissions to intensive care units in the UK and 312 deaths.

Having the flu vaccination will not stop all viruses and the level of protection may vary, so it's not a 100% guarantee that you'll be flu-free. However, if you do get flu after vaccination, it's likely to be milder and shorter-lived than it would otherwise have been.

Making sure younger children are vaccinated reduced the chances of flu outbreaks. This is because as well as being more likely to become unwell with the flu they are most likely to spread the flu. We call them the super-spreaders.

### Who shouldn't have it?

If you have an egg allergy there is an alternative. If you have had a serious reaction to the flu vaccine before you **should not** have the flu vaccination.

### What are the chances of the flu vaccine making you unwell?

The vast majority of people who have the flu vaccine will not notice anything.

1 in 900,000 people will get a serious reaction (anaphylaxis).

You may have a mild fever and aching muscles for a couple of days after having the vaccine, and your arm may be a bit sore where you were injected.

Side effects of the nasal spray vaccine may commonly include a runny or blocked nose, headache, tiredness and some loss of appetite.

### Does the nasal vaccine contain gelatine?

Yes, the nasal vaccine does contain gelatine so you may want to check with your local religious leader if you are concerned about whether it is kosher or halal.

### How do I get my flu vaccine?

This autumn/winter 2019 you can get your flu vaccine done at your GP practice or local community pharmacy.

Check from the list below to find out what dates are available.

#### Mount Road

Date	Time	Age suitable for	Booking required
Tuesday 10 October	7am to 8am	All ages	Yes
Saturday 12 October	9.30am to 12.30pm	All ages	Yes (can also drop-in)

#### West Point Medical Centre

Date	Time	Age suitable for	Booking required
Wednesday 2 October	8.45am to 12noon	All adults	No (walk-in clinics)
Wednesday 2 October	1pm to 5pm	All adults	No (walk-in clinics)

#### West Gorton Medical Centre

Date	Time	Age suitable for	Booking required
Saturday 12 October	8.30am to 12noon	Over 65 and at Risk adults	Yes
Saturday 2 November	8.30am to 12noon	Over 65 and at Risk adults and children	Yes
Friday 27 September	9.30am to 12noon	Over 65	No

Ad hoc sessions are available each week – Call the practice to book

### Hawthorn Medical Centre

Date	Time	Age suitable for	Booking required
Wednesday 2 October	1pm to 4pm	Over 65	Yes
Friday 4 October	9am to 11am	Over 65	Yes
Saturday 12 October	10am to 3pm	Over 65	No (walk-in clinics)
Saturday 11 November	10am to 3pm	Under 65	No (walk-in clinics)
Saturday 11 November	10am to 3pm	Children	No (walk-in clinics)

### Ashcroft Surgery

Date	Time	Age suitable for	Booking required
Wednesday 9 October	11am to 6pm	Over 65	No
Thursday 17 October	8am to 6pm	Under 65	No
Tuesday 22 October	8am to 6pm	Over 65	No
Monday 28 October	8am to 6pm	Under 65	No

### Levenshulme Health Centre

There are numerous flu clinics available from September to March 2020. Please call the health centre to book an appointment.

### Gorton Medical Centre

Date	Time	Age suitable for	Booking required
Monday 7 October	2pm to 5pm	Call practice to check	No (walk-in clinics)
Wednesday 9 October	8.30am to 11.45am	Call practice to check	Yes
Wednesday 16 October	9am to 11.45am	Call practice to check	Yes
Friday 18 October	2pm to 5pm	Call practice to check	No (walk-in clinics)
Friday 25 October	2pm to 5pm	Call practice to check	No (walk-in clinics)

If you are unable to attend a clinic at your practice, just ask your GP or practice nurse.

For more information or advice on flu, go to [www.nhs.uk/flujab](http://www.nhs.uk/flujab)