

Holgate PCN
Borough Road & Nunthorpe Medical Group, Linthorpe Surgery,
Foundations, Village Medical Centre

Flu clinic 2020

Will Flu Clinics be safe? This year we've taken great care to put comprehensive social distancing and sanitisation measures in place. Our absolute priority is ensuring you get your flu vaccine in a safe environment.

Where will flu clinics be held this year? This year our clinics will run at three locations – you will be allocated location to attend by postcode.

These are:

- Linthorpe Surgery, North Ormesby branch, 1 Trinity Mews, Middlesbrough, TS3 6AL (postcodes TS1 TS2 TS3 TS6)
- St Marys Church Hall, Morton Carr Lane, Nunthorpe, TS7 0JU (postcodes TS7 TS8)
- St Barnabas Church Hall, St Barnabas Road, Linthorpe, TS5 6JR (postcodes TS4 TS5)

When will the clinics be held?

Monday to Friday from 21 September till 30 October. The locations will alternate each week and there will be a morning and an afternoon session for walk in appointments – you will be invited to one of these by postcode, age and risk group.

How do I make my appointment? We will send you a message or call you with a date, time and location to attend for your flu vaccine. These will not be at your usual practice but will be at safe venues organised by postcode. You will be given a session time either 9am – 12noon or 1.30-4.30pm and you can drop in at any time during this – **some appointment times will also be available for bookings.**

What will happen when I arrive? When you arrive there will be a safe queueing system in place at the venue – you may be able to walk straight in during quiet periods. Staff and signposting will direct you where to go. There will be a one way system in place with an entrance and exit. We ask that all patients wear a mask when entering the building. You may be asked to wait in your car during any busy periods, this is for your safety. We will be checking temperatures on entering the building.

Once you enter you will be directed to one of four booths where you will be asked which surgery you are from and your name and Date of birth. You will be vaccinated then leave the building following the one way system.

How is this different to normal? This year we are running this clinic at three safe venues where we can ensure social distancing, patient safety and staff safety at all times. We know you may have to come to a venue you are unfamiliar with but staff from all four Practices will be involved in vaccination and administration. We will have access to your medical records via laptops at the location.

What do I need to do? Please Wear a face mask or face covering, use the sanitiser provided and wear loose clothing.

Please DO NOT ATTEND if you are experiencing any of the following coronavirus symptoms:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

OR IF:

- you've tested positive for coronavirus and have been advised to self-isolate
- you are living with someone who has symptoms or has tested positive in the last 14 days
- someone in your support bubble has symptoms or has tested positive in the last 14 days
- you've been told by NHS Test and Trace that you've been in contact with a person with coronavirus and have been told to self-isolate

You will need to social distance 2 metres from the person in front of you. The floor will be marked.

What about car parking? There are some car parking spaces at each venue if you come by car.

How long will it take? Once you get to the booth you will be asked for your details and vaccinated within a couple of minutes. Wearing loose clothing, short sleeves or removing your coat prior to entering the building will help keep the flow of patients through.

Will I just be offered my flu vaccination? If you have not previously had the pneumonia vaccination and are eligible to receive this then we may also offer you that during the clinic.

What do I do after I've had my vaccination? Leave by the marked exit and do not attempt to stay on the premises waiting for others.

Flu vaccination is available every year on the NHS to help protect adults and children at risk from flu and its complications.

The flu virus spreads from person to person, even amongst those not showing any symptoms.

Whilst the threat may be invisible, the protection against it is clear. Getting your flu vaccine is the best way to protect against a virus that can cause unpleasant illness in children and death among at-risk groups, including older people, pregnant women and those with an underlying physical health condition.

The vaccination is free and recommended yearly for those most at risk of flu. More information on who is eligible can be found at [nhs.uk/flujab](https://www.nhs.uk/flujab).

If there is someone you rely on to care for you, please ask them to contact their own GP Practice as they may be eligible for a free flu vaccination as well.

If you wish to **decline** the vaccination please contact the surgery.