Free flu jabs for social care staff

Why should I get the flu jab?

By having this free vaccination, you can protect yourself, your family, your colleagues and the vulnerable people you care for. Flu outbreaks can add significant pressures to health and social care services in the winter months and having the flu vaccine provides you with direct protection and makes it less likely that you will spread flu to others.

Who can be immunised?

Frontline social care and hospice staff who meet the eligibility criteria detailed below can receive their free flu vaccine:

- Health and social care staff, employed by a registered residential care/nursing home, a voluntary managed hospice provider or registered domiciliary care provider, who are directly involved in the care of vulnerable patients/clients who are at increased risk from exposure to influenza. Vulnerable means those in a clinical risk group for flu or who are aged 65 years and over.

How can I access my free flu jab and what proof do I need to take with me?

You can access the flu jab at your registered GP surgery or a pharmacy. We suggest that you check with your GP surgery or pharmacy before attending as most but not all are offering this service. It may also be necessary to make an appointment. You do not need a voucher from your employer.

You should ideally take identification that includes your name and the name of your employer.

What vaccine will I be offered?

Social care workers and hospice staff aged less than 65 years will be offered the quadrivalent vaccine. If you are aged 65 years and over, you are eligible for flu vaccination in your own right and should be offered adjuvanted trivalent flu vaccine (aTIV) as part of the routine flu programme.

For more information, please visit **www.nhsemployers.org/flufightercare**

flu fighter care

A leading workforce campaign delivered by NHS Employers

flu fighter facts®

Get the facts, get your jab.

1 Healthy people can die from flu

Up to one third of flu deaths are in healthy people.

2 Flu kills thousands of people every year

Public Health England estimate that an average 8,000 people die from flu in England each year although the figure can be far higher.

3 The side effects of the flu jab are usually mild or non-existent

The vaccine is well tested and has an excellent safety record. The most common side effect is soreness around the site of the injection.

4 The flu jab is the best protection against flu

Yes, it is! It seems simple but many people don't know that getting your flu jab every year is the best way to protect yourself and those around you.

5 You can carry the flu virus with no symptoms

With the jab you reduce the risk infecting others so it's important to get your jab even if you feel well.

6 You need the flu jab every year

You won't be protected against any new strains of flu that may circulate each year unless you get the jab every year. The protection from the vaccine also declines over time.

7 The risk of having a serious reaction to the flu jab is less than one in a million

The risk of having a serious (anaphylactic) reaction to the flu jab is lower than the risk of getting seriously ill from having the flu itself.

For more information and clinical evidence in support of the vaccine search "flu matters"

flu fighter® care

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Public Health England