



26th November 2020

Dear Sir/Madam

The free flu vaccine has now been **extended to everyone aged 60–64 in Scotland** to help protect them against influenza (the flu virus). NHS Scotland strongly recommends you get your flu vaccine this year. This is for three reasons:

1. Flu can be serious and life threatening. Every year thousands of people in Scotland are hospitalised because of flu.
2. To reduce the risk of you spreading flu to friends and family.
3. To help our NHS avoid the pressure that a spike in seasonal flu would put on top of COVID-19.

Is it safe to go to my flu vaccine appointment?

- Getting your flu vaccine is one of the most important reasons for leaving your home.
- The risk of getting seriously ill with the flu virus is greater than the risk of going to get your vaccine.
- During vaccination, strict infection prevention and control measures will be in place.
- Please wear a face covering while travelling to and from and during your appointment, and remember to wash your hands regularly.

If you have already received a flu vaccine since September 2020, you do not need to attend another flu vaccination appointment.

What should I do next?

IF YOU DO WANT A FLU VACCINATION –

- ❖ Please can you e-mail us using this email nhsh.GP55427-admin@nhs.scot to confirm if you wish to proceed with having your flu vaccination or
- ❖ If you have no e-mail or don't wish to use this please phone us on 01862 892203.
- ❖ Once we have the vaccine in stock we will contact you by e-mail with regards to making an appointment for the flu vaccination.
- ❖ If you have no email address or don't wish to use this we will contact you by phone.
- ❖ See note at end of letter re storing your email address

IF YOU DO NOT WANT A FLU VACCINATION –

- ❖ Please let us know either by phoning reception on 01862892203 or
- ❖ Email us using this address - nhsh.GP55427-admin@nhs.scot
- ❖ See note at end of letter re storing your email address
- ❖ If you change your mind please email or give us a call to arrange vaccination

If you are showing symptoms of COVID-19 before your vaccination, please contact your reception to reschedule your appointment. This year, more than ever, please help protect yourself,

Yours sincerely

Lorna MacKay
Practice Manager

Note – if you reply by email we will record this email address into your medical record and utilise this to contact you regarding this flu vaccination. Please let us know if you don't want us to do this.