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MÉDICOS DO MUNDO MÉDICOS DEL MUNDO 世界の医療団
世界医生组织 DOCTORS OF THE WORLD منظمة اطباء العالم
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In association with



BritishRedCross



FLU VACCINE INFORMATION SHEET FOR MIGRANTS IN ENGLAND 2020-2021

ENGLISH | ENGLISH



WHAT IS THE FLU VACCINE? The flu vaccine:

- is safe and effective
- protects you against the flu and its complications
- is not a vaccine for coronavirus
- is free for some groups based on their clinical conditions or age, but everyone can get it
- is very important that you take it if you are eligible

WHO CAN GET THE FREE FLU VACCINE? * Anyone who:



is 50 and over



has certain health conditions that could increase the risk of having flu such as asthma, being overweight, diabetes, and heart conditions



is pregnant



lives in a care home



is the main carer for an older or disabled person who may be at risk if you get ill



children who are 2 and 3 years old



children in primary school and pupils in year 7 secondary school (born before 31st August 2009)



anyone between 2 – 17 years old with a long-term health condition such as asthma, diabetes, a weakened immune system, heart conditions, and learning disabilities



lives with someone who is at high risk from coronavirus (shielding category)

* If you are not in one of these groups, you can pay for the flu vaccine in pharmacies. As a minimum, it costs £8 but can be more expensive depending on the type and brand of the available vaccine at your pharmacy.

WHERE CAN YOU GET THE FLU VACCINE?

- At your GP surgery
- At a pharmacy offering the service
- In schools for eligible children
- At your midwifery service if you're pregnant

HOW CAN YOU GET THE FLU VACCINE?



If you are eligible for the flu vaccine, the NHS might contact you via mail, SMS or phone to invite you to take the flu vaccine.



If you are registered with a GP*, you can contact them directly and ask about the flu vaccine and if you can get it. It is very important that everyone registers with a GP.



You can also ask your pharmacist about the flu vaccine if they know your condition or your medical history. If the pharmacist is not familiar with your condition or medical history, they might ask you for a proof for your eligibility.



For eligible children at school, the school will contact the parents or guardians and send them necessary information about the vaccination dates and times alongside a consent form. Parents or guardians need to sign the consent form in order for their children to get the vaccine.

All vaccine providers will follow strict guidance to make it safe for you to get the flu vaccine.

*Everyone residing in the UK is entitled to register with a GP regardless of their immigration status or ability to show ID or proof of address. If you need help to register with a GP, call Doctors of the World's free helpline 0808 1647 686 - Monday to Friday 10 am to 12 midday.

IS THE FLU VACCINE HALAL?

There are several types of flu vaccines available, some are injectable, and others are spray. Individuals are offered the vaccine that is recommended for them based on their age or risk. The flu vaccine that is offered to children from 2 years old up to and including those in year 7 contains pork gelatine. However, you can ask for a different vaccine if you have objections to that based on religious or spiritual beliefs.

For more information on the flu vaccine in your language, visit:
<https://www.gov.uk/government/publications/flu-vaccination-who-should-have-it-this-winter-and-why>