



# Sussex Flu Vaccination Update

## 8 December

### Free flu jab protects vital carers and cared for

**Carers in Sussex are being offered the free flu jab to protect them from catching the virus and stop its spread to those they care for, who could become seriously ill and even die from catching the flu.**

Caring is an incredibly vital role and all carers provide an invaluable service. If you care for someone who may be elderly, disabled or have a serious long-term condition the free flu jab is vital to help look after your own health as well as theirs.

The NHS is offering those who are the main carer for another person, or who receive the Carers' Allowance, the free flu jab to protect them from becoming too ill to provide care or passing on the virus. This includes primary carers for those unable to look after themselves, and carers may still be eligible even if not living with the person they care for.

Personal assistants have been provided with [Letter of entitlement to a free winter flu vaccination for PAs employed by individuals](#) confirming their eligibility for vaccination. See the government's [Personal care assistants guidance](#) for further information.



Flu can easily spread to those who are vulnerable, even without symptoms showing. The free flu vaccine is the very best way to stop carers from passing on the virus to those receiving care - who are at most risk from becoming seriously ill if they catch the flu.

This year with both the flu virus and COVID-19 circulating flu immunisation is more important than ever to reduce infections, protect each other and protect the NHS.

Even though some restrictions are in place due to the COVID-19 pandemic, flu clinics across Sussex are still operating and the local NHS is offering reassurances that providers of flu vaccination will have extensive safety measures in place.

With flu clinics now planned through January the local NHS wants to assure everyone eligible that they can get their free flu jab. Robust safety rules will be followed wherever and whenever vaccinations take place, ensuring clinics can be held without putting anyone's health at risk.

GPs and healthcare workers giving the vaccine will be wearing protective equipment to protect them and those attending clinics from the virus. This year, appointments for flu clinics are being pre-booked to ensure social distancing by reducing the numbers of people congregating in waiting areas.

Unlike other medication, the flu jab is an annual vaccination as the vaccine changes every year to fight the latest strains of flu. Even those who had a jab last winter need another one this year to stay flu safe.

[Easy Read materials](#)

[BSL and other languages \(translated resources\)](#)

Leaflet on [why people may have to wait longer](#) for a flu vaccine this year.

The flu vaccination is more important than ever this year. Ask your GP or pharmacist if you're eligible and book a vaccine now.

For a full list of priority groups and other information about this year's flu vaccine, visit [www.nhs.uk](http://www.nhs.uk) and search for flu vaccine.