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| [GP Surgery]  [First address line]  [Second address line]  [Town/city]  [County Postcode] | T [000 000 0000]  F [000 000 0000]  www.gov.uk |
| [Date] |  | |

Dear [Name]

**Annual flu vaccination**

Your medical condition or your age suggests that you are in a group of the population who may be at greater risk of the complications of flu.

You are therefore invited:

*either*

to have your **free, annual flu vaccination** at the surgery on:

[Insert dates – preferably ones that allow for people’s working hours and other demands on their time]

Please phone us now on [phone number] to arrange a time on one of these days.

*or*

phone the surgery on [phone number] to arrange a time for your **free, annual flu vaccination.**

You may also be offered a vaccination against pneumococcal disease which can cause severe pneumonia or a new vaccine to reduce the chance of getting shingles and neuralgia.

Carers are also eligible for the free flu vaccination (as the welfare of the person they care for may be at risk if the carer falls ill). If you think this is the case, let us know when you call.

If you decide not to have the vaccination please let us know so we can enter this on your medical records.

Thank you. We look forward to seeing you soon.

Yours sincerely

[GP name – Suggest GP signs letter]

[Position/title]

**Please see overleaf for some frequently asked questions about the flu vaccination.**

## Common questions about the flu vaccination

### What is flu?

Flu is an unpleasant disease that spreads quickly and easily through coughing and sneezing.   
Flu can also give you headaches, a sore throat, fever, chills, and muscle and joint aches.   
Those people who are at risk, either because of their age or medical conditions, may develop complications such as chest infections and pneumonia.

### Why get the vaccine?

The vaccine provides the best available protection against flu. It is not 100% but it will protect   
a significant number of people and reduce the severity of flu if you get it. It could also help your relatives or carers because you will not be passing the disease to them.

### Who should get it?

Young babies, older people, pregnant women and those who have other underlying health conditions, especially those of the lungs, heart, liver or kidneys, are particularly vulnerable to serious complications and possibly hospitalisation. Every year in the UK a number of people   
in these groups die from the complications of flu.

### I’ve heard that the vaccination can give you flu. Is that true?

No; the flu vaccine that is given to adults is made from dead flu virus and cannot cause the infection. The flu vaccine that will be given to most children is a live vaccine, but the viruses in it have been weakened so they can not cause flu. You may get some side effects after the vaccination but these are quite mild like a slightly raised temperature or aching muscles for a couple of days or an ache in the arm where the injection was given. Other reactions are very rare.

### When can I get the vaccine?

The vaccine is available now and you just need to contact the surgery on [phone number] to book an appointment.