

Alexander House Surgery

Off Site flu clinic at Sainsbury's, Farnborough

Frequently Asked Questions

Why are you holding an off site flu clinic?

This year it is more important than ever for those who are eligible to safely have the free flu vaccination. Due to the Covid-19 pandemic we must ensure that we follow social distancing and offer alternative methods to how we have historically delivered our flu clinics. An off site clinic is a good alternative as it allows patients to be safely administered with the vaccination in an outside space. Our staff will ensure that they follow the latest guidance in regards to PPE and social distancing.

Am I eligible for the free flu vaccination?

You should have the flu vaccine if you:

- are 65 years old or over
- are pregnant
- have certain medical conditions
- are living in a long-stay residential care home or another long-stay care facility
- receive a carer's allowance, or you're the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- live with someone who's at high risk of coronavirus (on the NHS shielded patient list) or you expect to be with them on most days over winter

Later in the year, the flu vaccine may be given to 50-64-year-olds. More information will be available later in the autumn.

However, if you are aged 50-64 in an at-risk group, you should not delay having your flu vaccine.

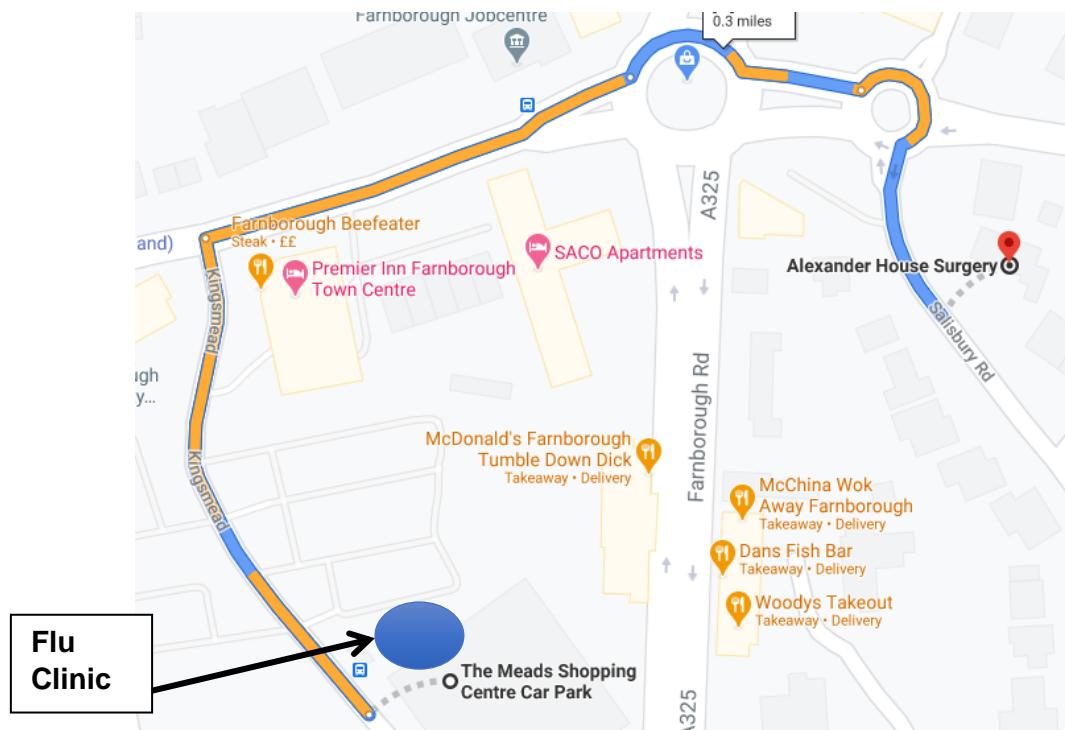
Frontline health and social care workers are also eligible to receive the flu vaccine. It's your employer's responsibility to arrange and pay for this vaccine.

- You may also be able to have the flu vaccine at the GP surgery or a local pharmacy offering the service if you're a frontline health or social care worker employed by a:
- registered residential care or nursing home
- registered homecare organisation
- hospice

You can also have the flu vaccine if you provide health or social care through Direct Payments (personal budgets) or Personal Health Budgets (such as Personal Assistants) or both. [Click here](#) for more information.

Where is the flu clinic located?

Sainsbury's, Farnborough is located 0.3 miles away from the surgery (see map below).



Do I need an appointment?

Yes. You have been allocated an appointment time slot. Please arrive during this time slot to enable us to effectively manage the flow of patients. You must also bring your letter or SMS text message with you as this has a barcode which we will need to scan on the day.

Can I make a group booking with my family/neighbours?

We are encouraging eligible families and neighbours to attend together wherever possible, while ensuring we adhere to social distancing. To book multiple eligible people in to the same time slot, please call us to arrange.

Will I need to wear a mask?

Yes. All people over the age of 10 are required to wear face masks when at the clinic unless they have an exemption.

Can I get the flu from the flu vaccine?

The injected flu vaccine cannot cause flu because there are no active viruses in the vaccine.

If you have what you think is flu after vaccination, it may be that you have caught a flu-like virus that's not really flu, or you may have caught flu before your flu vaccination had taken effect.

How effective is the flu vaccine?

Flu vaccine is the best protection we have against an unpredictable virus that can cause unpleasant illness in children and severe illness and death among at-risk groups, including older people, pregnant women and people with an underlying physical health condition.

Studies have shown that the flu vaccine will help prevent you getting the flu.

It will not stop all flu viruses and the level of protection may vary, so it's not a 100% guarantee that you'll be flu-free.

But if you do get flu after vaccination, it's likely to be milder and shorter-lived than it would otherwise have been.

There's also evidence to suggest that the flu vaccine can reduce your risk of having a stroke.

Over time, protection from the injected flu vaccine gradually decreases and flu strains often change.

New flu vaccines are produced each year, which is why people advised to have the flu vaccine need it every year.

[Find out more](#) about how the flu vaccine works.

Are there side effects to the flu vaccine?

Serious side effects of the injected flu vaccine are very rare.

You may have a mild high temperature and aching muscles for a couple of days after having the vaccine, and your arm may be a bit sore where you were injected.

Side effects of the nasal spray vaccine can commonly include a runny or blocked nose, a headache, tiredness and some loss of appetite.

[Find out more](#) about the side effects of the flu vaccine.

What if I feel unwell the day of my appointment?

If you're ill with a high temperature, it's best to delay having the flu vaccine until you have recovered. Please call us to cancel and rearrange your booking.

There's no need to delay having the flu vaccine if you have a minor illness with no high temperature, such as a cold.

If you are displaying Covid-19 symptoms (a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste), do not come to the flu clinic. Please call us to cancel and rearrange your booking. If you have Covid-19 symptoms you must get tested.

[Click here](#) to find out more.