Flu Vaccine

Newsletter Peel Park Surgery November

You can have your NHS flu vaccine at: your GP surgery, a local pharmacy offering the service, your midwifery service if they offer it for pregnant women. For 2018, there are 3 types of vaccine

* a live quadrivalent vaccine (which protects against 4 strains of flu), given as a [nasal spray](https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/). This is for children and young people aged 2 to 17 years eligible for the flu vaccine
* a quadrivalent injected vaccine. This is for adults aged 18 and over but below the age of 65 who are at increased risk from flu because of a long-term health condition and for children 6 months and above in an eligible group who cannot receive the live vaccine
* an [adjuvanted](https://www.nhs.uk/conditions/vaccinations/vaccine-ingredients/) trivalent injected vaccine. This is for people aged 65 and over as it has been shown to be more effective in this age group

The flu vaccine is routinely given on the NHS to:, adults 65 and over, people with [certain medical conditions](https://www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/#flu-vaccine-for-people-with-medical-conditions) (including children in at-risk groups from 6 months of age),pregnant women.

Going Abroad (Part 1)

**If you're planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world.** You can find out which vaccinations are necessary or recommended for the areas you'll be visiting on these two websites: [NHS Fit for Travel](http://www.fitfortravel.nhs.uk/destinations.aspx), [Travel Health Pro](http://travelhealthpro.org.uk/countries)

You should get advice at least eight weeks before you're due to travel, as some jabs need to be given well in advance. **Which travel vaccinations are free?** The following travel vaccinations are usually available free on the NHS:

[diphtheria, polio and tetanus (combined booster)](https://www.nhs.uk/conditions/vaccinations/3-in-1-teenage-booster/), [typhoid](https://www.nhs.uk/conditions/typhoid-fever/vaccination/), [hepatitis A](https://www.nhs.uk/conditions/hepatitis-a/vaccination/), [cholera](https://www.nhs.uk/conditions/cholera/vaccination/)

These vaccines are usually free because they protect against diseases thought to represent the greatest risk to public health if they were brought into the country.