



#DOYOURBIT DARLINGTON

Get ready to get the flu jab this year

It's never been more important
#ProtectOurCommunity

This year due to COVID-19 everything is different, including how we are planning to run our flu clinics.

Instead of going to your GP practice we will be offering **drive-through** clinics at the Northern Echo Arena and for those who can't travel by car, **walk-through** appointments at St. Cuthbert's Church Hall.

This is so we can vaccinate a large number of people and keep both staff and patients safe.

When?

Monday to Saturday
(unless a rugby match is scheduled at the Arena)

**WEEK COMMENCING:
28th September 2020**

**8am – 8.30pm Monday to Friday
8am – 5.00pm Saturday**

You MUST have an appointment to attend a clinic.



Where do I need to go?

For drive-through clinics:

Northern Echo Arena (Mowden Park Rugby Club), Neasham Road, DL2 1DL.

For walk-through clinics:

St. Cuthbert's Church Hall, just off the Market Square in Darlington town centre. Buses will drop you off on Tubwell Row or Prebend Row which are a short walk away. There will be a one-way system in place.



How can you help us?

Please do not attend if you have any COVID-19 symptoms on the day.

Please wear a face covering, a short-sleeved top and for drive-through clinics, turn off your car engine when you enter the marquees. Come as close to your appointment time as possible.



How do I make an appointment?

Your GP practice will be in touch via text message or letter when the vaccine is in stock.

The easiest way to book your appointment is via the NHS App which can be accessed through your smartphone or tablet.

If you cannot access the NHS App please call your GP practice and they will advise you.



Who is eligible for the flu vaccine?

The flu vaccine is offered free of charge to people who are at risk. You should have the 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 is at high risk of coronavirus (on the NHS shielded patient list) or you expect to be with them on most days over winter



Children aged two and over are usually given the vaccine as a nasal spray.

Later in the year, the flu vaccine may be given to 50-64-year-olds. More information will be available later in the autumn. Your GP surgery will be in touch if you are eligible.

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

What if I am housebound, shielding or a care home resident?

If you are truly housebound please let your GP surgery know. Someone will be in touch to arrange a home visit instead.

Attending the drive-through is the safest way for shielding and vulnerable patients to get the flu jab this year. If you don't have access to a car, please call your GP surgery to discuss the best way for you to get the flu vaccine.

Our aim is to vaccinate all care home residents by the end of October as a priority.

How can I get to a 'drive-through' clinic?

Do ask a neighbour, friend or relative who is in your bubble if they can take you. Cars cannot be over two metres high.

You MUST have an appointment to attend.

