

# Flu is serious.

With COVID-19 around, it's more important than ever to get the flu vaccine.



Name  
Address 1  
Address 2  
Address 3  
Postcode

CHI:

Dear Sir/Madam

The free flu vaccine has now been extended to everyone aged 60–64 in Scotland to help protect them against influenza (the flu virus). **NHS Scotland strongly recommends you get your flu vaccine this year.** This is for three reasons:

1. Flu can be serious and life threatening. Every year thousands of people in Scotland are hospitalised because of flu.
2. To reduce the risk of you spreading flu to friends and family.
3. To help our NHS avoid the pressure that a spike in seasonal flu would put on top of COVID-19.

## Is it safe to go to my flu vaccine appointment?

- Getting your flu vaccine is one of the most important reasons for leaving your home.
- The risk of getting seriously ill with the flu virus is greater than the risk of going to get your vaccine.
- During vaccination, strict infection prevention and control measures will be in place.
- Please wear a face covering while travelling to and from and during your appointment, and remember to wash your hands regularly.

## What should I do next?

Visit [www.nhsinform.scot/flu](http://www.nhsinform.scot/flu) or call **0800 22 44 88** to find out about getting the flu vaccine in your area. Please keep this letter safe, and bring it with you when you get your flu vaccine.

**If you have already received a flu vaccine since September 2020, or you have an appointment to get one, you do not need another appointment and you can ignore this letter.**

If you are showing symptoms of COVID-19 before your vaccination, please do not attend. Please go to NHS inform to find out how to get your vaccine.

This year, more than ever, please help protect yourself, others and our NHS.

Yours faithfully



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[www.nhsinform.scot/fluformats](http://www.nhsinform.scot/fluformats)

For more information in a range of languages, videos and a link to the patient information leaflet, visit [www.nhsinform.scot/flu](http://www.nhsinform.scot/flu)

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