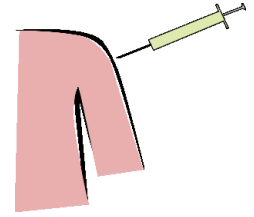


Flu Jabs for Carers

The flu jab is available every year on the NHS to protect adults (and some children) at risk of flu and its complications. Flu can be critical, but if you are otherwise healthy it will usually clear up on its own within a week.



However, flu can be more severe in certain people, such as:

- anyone over the age of 65
- pregnant women
- children and adults with an underlying health condition (particularly long-term heart or respiratory disease)
- children and adults with weakened immune systems

As a Carer you may be worried about getting the flu because it would affect your ability to care for the person you're looking after.

Government policy is that the flu vaccine should be offered to the following groups:

- Everyone aged 65 years and over.
- Everyone aged six months or over who is in a clinical risk group.
- People living in long-stay residential care homes or other long-stay care facilities where the infection could spread easily and put lives at risk (this doesn't include prisons, young offender institutions or university halls of residence).
- People who are receiving Carer's Allowance or who are the main carer for an elderly or disabled person whose welfare may be at risk if the carer falls ill. This will be given on an individual basis at the GP's discretion depending on your need.

If you're not receiving Carer's Allowance it is still worth seeing your GP because ultimately it's their decision. You can also check by following the link below.



<http://www.nhs.uk/Conditions/vaccinations/Pages/who-should-have-flu-vaccine.aspx>

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