

ONE BROMLEY

VACCINATION SPECIAL - 2020

COVID-19

The NHS has planned extensively to deliver the largest vaccination programme in our history. The vaccine roll-out began on 8 December. In south east London (SEL) the vaccine is available through three Hospital Hubs and from 14 December became available through some primary care hubs. In Bromley these are based at the Orpington Health and Wellbeing Centre and Beckenham Beacon.



The first SEL vaccine was issued at Guy's Hospital to [Lyn Wheeler, Bromley resident and a member of the One Bromley Patient Network](#). The vaccination team was joined by the Prime Minister who oversaw proceedings.



As well as the over 80s, the vaccine is being made available for staff who work in care homes and health care workers at high risk. If you fall into one of these groups, you may have already had your first vaccine. If you have not, then please wait to be told when you will be offered it by your organisation.

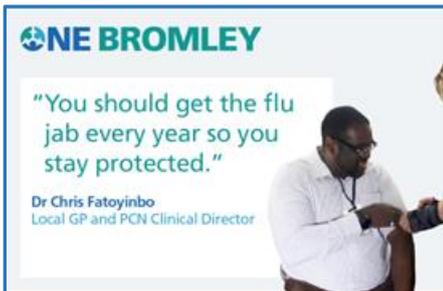
The vaccine has shown to be effective and no safety concerns were seen in studies of more than 20,000 people. The first vaccine (Pfizer/BioNTech) has been rigorously tested and confirmed as safe and highly effective by the expert Medicines and Healthcare products Regulatory Agency (MHRA), The UK has some of the highest safety standards in the world and the NHS has full confidence in their expert judgement and processes.

For information on the Covid-19 vaccination and testing programme in south east London, please visit the [CCG website](#). Please help us to get out the message to Bromley residents that the NHS will be in touch when it is their turn to be vaccinated

FLU

Thank you to everyone who has had their flu jab already. This year it's more important than ever we all get protected as soon as possible. If you haven't had yours yet, then please do take up the opportunity. The flu kills around 11,000 people each year and hospitalises many more. If we protect ourselves, there is less risk of it being passed onto patients.

Lots of staff across One Bromley are getting their flu jab – this is what they had to say:



There are many strains of the flu so even if you have had it before, it will not stop you getting it again. The best prevention method for the flu is the vaccination.

A recent study showed that many people can pass on the flu virus without even having any symptoms.

The best way to stop this happening is to have the vaccine

Taking vitamin C helps to boost your immune system but it will not stop you catching the flu. The best prevention method for the flu is the vaccination.



A serious allergy to the flu jab is rare. There can be some side effects such as headaches, tiredness and fever but these are not serious.



The flu vaccine is created using particles from an inactive flu virus. These particles cannot cause disease. The flu vaccination will not give you the flu, but it does take 10 to 14 days before it is effective so you could still catch the flu in that time.



Flu is a virus, and you can only catch it from someone who has it already.



[Dr Omar Taha](#), Bromley GP has made a video to encourage Bromley residents to get their flu vaccination.

More information about the flu vaccination is available on the [CCG website](#).



Our patients and residents are getting protected too.



"Hi, my name is Matthew, I am 33 years old and have cerebral palsy. I have just had my flu jab – have you had yours?"

"Hello, I'm Deirdre, Matthew's Mum. 22 years ago, Matthew and I were both very ill with flu and since then we have had our yearly jabs and kept well. We both feel that this year it is even more important than ever that people take up the offer of the flu jab. During Coronavirus most of us have been doing our bit to protect the NHS and, whilst not all of you may be at the front line, your jobs are extremely important and valued by your community. You help to keep us healthy and we would like you to do the same for yourselves. Your patients need you. We are not keen on using slogans, but Matthew does have one for you:"

"Please have your flu jab: Protect yourself, Protect your colleagues, Protect your patients"

Mary Stirling, a patient at South View Partnership in Bromley had an excellent experience getting her flu jab. *"I received a text asking me to contact the practice using a dedicated number and a time to call to make my appointment. I was put through straight away to arrange my vaccination. When I went to the surgery, I had my temperature and contact details checked and then went straight in. There was a one-way system with several doctors in attendance in individual rooms enabling me to be in and out in five minutes. Huge credit to South View Partnership for organising this so efficiently".*