



South West London
Clinical Commissioning Group

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Staying well during Winter

December 2020, Aman Nathan



Agenda Item 4

Bringing together Croydon, Kingston, Merton, Richmond, Sutton and Wandsworth

The Flu Vaccine

Are you ready
for winter?

STAY WELL
THIS WINTER

- Each year flu kills on average 11,000 people across the UK and hospitalises many more.
- The flu virus is a highly infectious virus which can easily spread from person to person, even between those not showing symptoms.

'JUST THE FLU?'
The flu can make you very ill if you have a learning disability



NHS

Protect against flu
help us help you

'JUST THE FLU?'
The flu can be serious for young children



NHS

Protect against flu
help us help you



People who should have the Vaccine

Even at our fittest and healthiest, we can still catch the flu and for vulnerable people or those with underlying health conditions, catching the flu can be very serious. That's why we are encouraging the following groups to get a FREE flu vaccine;

- Adults aged 65 and over
- People with certain long term medical conditions
- People who have a Learning Disability and their Carers
- Pregnant women
- Children aged 2 and 3 on 31 August 2020
- Frontline health or social care workers
- People who are on the shielded patient list and members of their household
- Adults aged 50 to 64 (later in the flu season)

Flu is a highly infectious virus which spreads quickly, even between those not showing any symptoms.



Myth 1: The Flu Vaccine give you Flu

FACTS:

- NO
- The Flu Vaccine can not give you flu because it is not the Flu virus. The vaccine contains an inactivated virus that is unable to replicate in the body. It cannot give you influenza.
- The version for children (Fluenz Tetra licenced for children aged 2 months to 18 yrs) does not produce Flu Virus.
- If you feel achy or slightly feverish, it is a normal reaction of the immune system to the vaccine, and generally lasts only a day or two.
- The vaccine contains components which stimulate an immune response in the body to produce antibodies. This sometimes produces very mild symptoms compared to the virus which causes unpleasant illness in children and severe illness and death among at-risk groups, including older people, pregnant women and people with an underlying physical health condition.

<https://www.historyofvaccines.org/content/how-vaccines-are-made>



Myth 2: I had the vaccine and still got the flu, so it doesn't work

FACTS:


- Several flu viruses are circulating all the time, which is why people may still get the flu despite being vaccinated since the vaccine is specific to one strain.
- However, being vaccinated improves the chance of being protected from the flu.
- This is especially important to stop the virus affecting people with vulnerable immune systems.
- This year we need to encourage uptake to help protect those who are more at risk if they are to get COVID-19 and flu.
- New flu vaccines are produced each year, which is why people advised to have the flu vaccine need it every year.



Myth 3: I am pregnant so shouldn't get the flu vaccine

FACTS:

It is very important for pregnant women to have the flu vaccine since their immune systems are weaker than usual. The inactivated flu vaccine is safe at any stage of pregnancy.



'JUST' THE FLU?

It's more important than ever to protect you and your baby against the flu

NHS

Protect against flu help us help you

The advertisement features a pregnant woman in an orange top and a young girl in a denim jacket sitting on a grey sofa, looking at a laptop. The background is white with a dark blue NHS logo in the top right corner. The text is in red and black. A dark blue banner at the bottom contains the text 'Protect against flu help us help you'.



Myth 4: The Flu Vaccine is linked to Covid-19

FACTS:

- The Flu vaccine does not contain COVID or Flu Virus.
- Vaccines are all made using tried and tested methods
- We have been using all these vaccines for decades and even the COVID vaccines are being made using techniques already used.
- COVID-19 is caused by one virus, the novel 2019 coronavirus, SARS-CoV
- There are effective vaccines and therapeutics (antivirals) for flu, but at present, there are no available vaccines and drugs for COVID-19

<https://www.historyofvaccines.org/content/how-vaccines-are-made>



Myth 5: The Flu vaccine contains ingredients I can't have

Do all flu vaccines contain pork gelatine?

- No. There are two main types of flu vaccine available in the UK.
 - Injectable flu vaccine (used mainly for adults) – These do not contain pork gelatine;
- However, the Nasal Spray Vaccine (Called “Fluenz Tetra” used in eligible children aged 2-17 years old) does contain pork gelatine.

What if a parent refuses a vaccine containing gelatin what is the alternative?

- Pork gelatine is considered religiously impermissible (Haram) by many Muslim Jurists. Whilst there are some jurists who permit pork based gelatine for the purpose of vaccines at a practical level, most of the British Muslim community have avoided such vaccines out of fear that they are haram.
- Therefore after years of campaigning, alhamdulillah, the NHS in England and Wales join Scotland and Northern Ireland in offering a vaccine which does not contain pork gelatine for those parents who object to the nasal spray Fluenz-Tetra vaccine on religious grounds for their children this winter. This will be available from November.

Everyone can now get a flu jab that has no pork gelatine.

Are there egg free vaccines?

- Yes. Fucelvax a cell based vaccine

Sources:

<https://www.gov.uk/government/publications/vaccine-update-issue-312-october-2020-flu-special-edition>
<https://mcb.org.uk/general/operation-vaccination-get-involved/> https://mcb.org.uk/wp-content/uploads/2020/09/OV_letter-1.pdf



How do I access the flu vaccine?

Are there supply problems?

* Supplies are coming through regularly but demand has outstripped supply so there may be a bit of a wait, but the government will be releasing extra supplies to meet the demand.

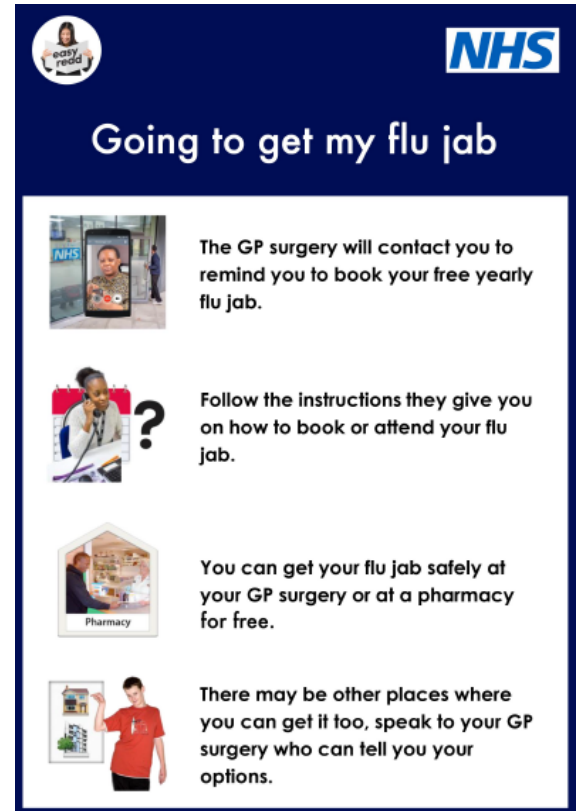
* GP surgeries will be phoning and inviting in those identified at the highest risk on their register.

* Contact either your GP surgery to book a time and explain your needs.

You can also access via your local pharmacy – it is advisable due to Covid to call in advance:

<https://myvaccinations.co.uk/>

There will be community clinics through out winter and information will be sent over the winter months.



The infographic is titled "Going to get my flu jab" and features the NHS logo in the top right corner. It includes an "easy read" icon in the top left. The content is organized into four sections, each with an icon and a text box:

- Section 1:** An icon of a smartphone displaying a person's photo. Text: "The GP surgery will contact you to remind you to book your free yearly flu jab."
- Section 2:** An icon of a doctor on a phone with a question mark. Text: "Follow the instructions they give you on how to book or attend your flu jab."
- Section 3:** An icon of a pharmacy. Text: "You can get your flu jab safely at your GP surgery or at a pharmacy for free."
- Section 4:** An icon of a person in a red shirt pointing to a sign. Text: "There may be other places where you can get it too, speak to your GP surgery who can tell you your options."



How can you help?

Toolkit

- Our localised campaign toolkits have been developed to help promote the flu campaign across Merton and other South West London boroughs.
- Included within the toolkits are a range of materials echoing the new national campaign, that can be used across social media, websites, newsletters as well as print materials.
- Materials have been translated in 8 different languages and myth busting materials are also included within the toolkit. This will help communicate as clearly and effectively as possible with our local populations using a joined up approach across the borough and our partners.
- Please feel free to use the most appropriate materials for you.
- Please find the link below to the borough toolkit: <https://www.swlondon.nhs.uk/merton-winter-toolkit-20-21/>

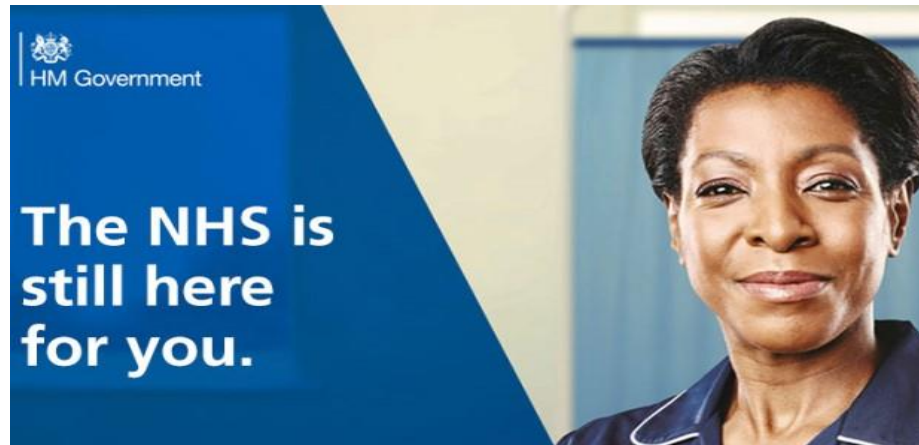
Engagement

- Are we able to attend any of your organisations meetings/coffee mornings to share our Winter messaging? We can arrange for a pharmacist or clinician to attend alongside us. They can answer questions your members may have about winter.



What are your thoughts?

1. Do you and the people you care for intend on having the flu vaccine this year? Do you have any worries or questions?
2. Where would you prefer to go for a flu vaccine?
3. Can you help reach vulnerable people in the community with these messages?
4. Do you have any questions?










The NHS is here for you



NHS
Devon
Clinical Commissioning Group

If you need to be seen by a healthcare professional, measures are in place to keep you safe. These include:

- 
Social distancing
- 
Longer time and spacing between patients
- 
Designated areas for patients with COVID symptoms
- 
Infection control and cleaning
- 
Personal protective equipment (PPE) for staff and patients
- 
Testing and temperature checks*
- 
Clear instructions about where to go on arrival*

*Specific arrangements will be dependent on the site at which you are seen

- [Link to Merton the NHS is here for you video](https://www.youtube.com/watch?v=PormdWPsqYo)
<https://www.youtube.com/watch?v=PormdWPsqYo>

Staying well over Winter

Health tips for winter weather



Wrap up warm when you go out, and make sure that your shoes have a good grip.



Use a hot water bottle or an electric blanket to stay warm in bed – but not both.



Wear multiple layers of clothes when you can, rather than a single bulky layer. This will help you retain body heat.



Make sure you're receiving all the help to heat your home that you are entitled to.



Have at least one hot meal a day, and try to drink hot drinks regularly. Keep active – try not to sit still for more than an hour indoors.



Keeping an eye out for elderly relatives and neighbours and supporting them in the cold weather can help them Stay Well This Winter.



Staying well over winter

YOUR NHS HERE FOR YOU		
Know where to go should you need medical advice		
	SELF CARE	For basic ailments such as cuts, grazes and an upset tummy
	PHARMACY	Advice on ailments, medicines and healthier living
	NHS 111	Call 111 FREE, 24 hours a day, 365 days a year, or access the service online 111.nhs.uk
	GP	Call your practice or visit their website to make an appointment for an illness or injury that won't go away
	999	Life-threatening emergencies only

Stay Well this WINTER

Warm
Keep your house warm this winter

Immunisations
Get your flu vaccination

Neighbours
Keep an eye on elderly neighbours and relatives

Timely
Seek advice from a pharmacist at first sign of illness

Enough
Pick up repeat prescriptions so you have enough while pharmacies/surgeries are closed

Restock
Make sure you have enough food and medicine in the cupboard

STAYWELL
THISWINTER

NHS



NHS Think 111 First

What is Think 111 First?

- For urgent medical help and advice, contact NHS 111 first, to get help quickly and safely
- To help you get the right care, close to where you live

What is NHS 111?

- NHS 111 is a point of contact for medical help & advice that is fast, easy and free
- Available 24/7
- Staffed by trained health advisors, including hospital doctors, nurses, GPs, paramedics and pharmacists

How does it work?

- Phone 111 or go to 111.nhs.uk
- They will ask you some questions about what is wrong and tell you what to do next
- If you need expert help, they will see you get it



Talk before you walk

Talk before you walk to avoid busy A&E waiting rooms

- We are asking patients with an urgent, but not life-threatening, health problem to contact NHS 111 first, who can advise if you need to go to A&E
- NHS 111 is now able to book same day slots in the Emergency Department (A&E)
- If appropriate for A&E, you could be booked an appointment with a one hour timeslot, meaning shorter waiting times

NHS 111 can also book into other NHS services, such as:

- Book an appointment for you to see a GP
- Book an appointment with an emergency dentist
- Help you speak to someone who can provide mental health support
- Book into other NHS services
- Arrange for you to pick up medicine at a pharmacy near to you
- Give you advice on self-care
- Send an ambulance, if you need one



How can you prepare?

Your Medicine Cabinet

- Be prepared for common health problems by keeping a well-stocked medicine cabinet at home. Your local community pharmacy team can advise you.
- This list, recommended by the Royal Pharmaceutical Society, will help you deal with most minor health problems and illnesses. Find the list and more information here: <https://www.nhs.uk/live-well/healthy-body/your-medicine-cabinet/>

Links which may be helpful;

- <https://www.swlmcg.nhs.uk/Policies/Pages/Information-for-Patients.aspx>
- <https://www.mertonccg.nhs.uk/Your-Health/Treating%20minor%20health%20conditions/Pages/default.aspx>
- Managing your medicines during Covid-19 document; <https://www.swlondon.nhs.uk/wp-content/uploads/2020/05/Managing-Your-medicines-during-the-covid-for-patients.pdf>

If you have any questions, speak to your local community pharmacist or if your practice has one, your practice clinical pharmacist. They are qualified healthcare professionals and experts on medicines. You can also contact the medicines optimisation team on the email; Mertonccg.medicinesoptimisation@swlondon.nhs.uk



Are you prepared for cold weather?

The **Warm & Well in Merton** campaign is raising awareness of the importance of **preparing for winter** and giving you support on how best to stay warm and well.

How we can help:



1. Online talks on keeping warm and well in the winter

We are running online talks for community groups with tips on how to stay warm and well in colder weather and information on local services available to you in current circumstances. If you are interested in a talk:

Contact Wimbledon Guild – 0208 946 0735



2. Energy saving advice

Not-for-profit organisation Thinking Works can give free, impartial advice over the phone on keeping warm and well at home as well as delivering free devices to help cut water and energy use. Advisors can see if you might be eligible for grants for insulation and heating works. This service is for residents aged over 65, OR with a long-term health condition or disability OR on a low income.

Contact Wimbledon Guild – 0208 946 0735



3. Information and advice

Age UK Merton are on hand to provide you free, confidential advice over the telephone on pensions, welfare benefits, social care, health, housing, transport and more.

Contact Age UK Merton – 020 8648 5792



4. Financial support for individuals

Wimbledon Guild provide grants for eligible people in Merton to help with fuel costs, bedding and food as well as supermarket vouchers. In the current circumstances, they are completing assessments over the phone.

Contact Wimbledon Guild – 0208 946 0735



5. Handyman service

Merton Council have a handyman to help people aged 65+ or with long-term health conditions or disabilities with minor jobs to ensure their homes are safe at these times and to help them stay well. This includes home visits to fix lightbulbs, replace batteries in smoke alarms, replace broken toilet seats etc.

Contact Wimbledon Guild – 0208 946 0735



Tell Us More

How are you and those in your local community planning to stay well this Winter?

How have you found access to the NHS during Covid-19? Do you have experiences of telephone or video appointments? What worked well? What could be improved?

Have you needed to call NHS 111? How was it?

Are there any barriers people might face? Can they be overcome, or are there arrangements that may be needed to ensure access to appointments?



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