

Derby Road Group Practice - Flu Vaccination Information for Adult Patients 2026/27

Please read this information before attending your flu vaccination appointment. This leaflet explains eligibility, benefits, vaccine information, possible side effects, consent and frequently asked questions.

Who Should Have the Flu Vaccine

Adults aged 65+, eligible at-risk adults aged 18-64, pregnant women, carers, care home residents and others eligible under the NHS flu programme.

Vaccine Information

The flu vaccine is updated each year to provide protection against the strains expected to circulate during the season. Protection develops within approximately 14 days.

Vaccines Used

Patients aged 65 years and over are normally offered an adjuvanted trivalent vaccine. Eligible patients under 65 are normally offered a cell-based trivalent vaccine.

Consent to Flu Vaccination

Before receiving your flu vaccination, please ensure that you have read and understood the information provided about the vaccine, including its benefits and possible side effects.

- You have read the flu vaccination information provided by the practice.
- You understand the benefits and potential risks of vaccination.
- You have had the opportunity to ask questions and have received satisfactory answers.
- You have informed the practice of any previous serious allergic reactions to vaccines, medicines, or vaccine components.
- You understand that no vaccine provides 100% protection, but vaccination significantly reduces the risk of serious illness from flu.
- You are not aware of any reason why you should not receive the vaccine today.
- You consent to receiving the flu vaccination.

Patient Acknowledgement

- Your identity

- Your eligibility for NHS flu vaccination
- Relevant medical history and allergies
- Your agreement to proceed with vaccination

Your consent will be recorded in your medical record in accordance with NHS requirements. You may withdraw your consent at any time before the vaccine is administered.

Frequently Asked Questions

What are the benefits of having the flu vaccine?

The flu vaccine helps reduce your risk of catching flu and can lessen the severity of illness if you do become infected. It also helps protect vulnerable family members, friends and the wider community.

Does the flu vaccine contain live flu virus?

The flu vaccines routinely given to adults cannot give you flu.

What are the possible side effects?

Common side effects include soreness, redness or swelling at the injection site, mild headache, tiredness, muscle aches and a slight temperature.

Are there any serious side effects?

Serious allergic reactions are extremely rare.

Who should not have the flu vaccine?

Speak to the practice if you have had a serious allergic reaction to a previous flu vaccine, are currently unwell with a high temperature, or have concerns about allergies.

I feel well. Do I really need a flu vaccination?

Even healthy people can become seriously unwell with flu.

Can I have the flu vaccine if I am pregnant?

Yes. Flu vaccination is recommended during pregnancy and helps protect both mother and baby.

Can I have my flu vaccine alongside other vaccines?

In many cases, yes.

What happens at my appointment?

You will be asked to confirm your identity and wish to proceed with vaccination.

What if I have questions before my appointment?

Please contact the practice before your appointment.

What does booking an appointment mean?

You confirm that you have read the information, understand the benefits and side effects, and wish to receive the vaccination.

How long does the flu vaccine take to work?

The vaccine usually takes up to 14 days to work.

How long does protection last?

Protection reduces over time, which is why vaccination is recommended every year.

Can the flu vaccine give me flu?

No. The injected flu vaccines used in the UK do not contain live flu viruses and cannot give you flu.

Possible Side Effects

Frequency	Side Effects
Very common	Pain at injection site, fatigue, headache, joint pain, muscle pain
Common	Redness, bruising, nausea, loss of appetite, fever, shivering, flu-like symptoms
Uncommon	Vomiting, swollen glands
Rare/Very Rare	Severe allergic reaction (anaphylaxis)