

Let's Chat Vac

Guide to Winter Vaccinations for Health and Social Care Staff



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Introduction

This booklet provides information on the flu vaccination for Health and Social Care staff. You will find details on the importance of getting vaccinated and where to access vaccinations.

What is Flu?

Influenza (flu) is an infectious virus and can be serious.

[Symptoms](#) may include a fever, a cough, a headache and tiredness. The virus spreads through the air when people cough or sneeze, or when they touch surfaces where the virus has landed then touch their eyes, nose or mouth. You can catch flu all year round, but it's especially common in winter. It can be serious, even if you're healthy.

Flu (influenza) is a common infectious viral illness. You can catch flu all year round, but it's especially common in winter. This is why it's also known as seasonal flu.

You can catch flu many times because flu viruses change regularly. Your body won't have a natural resistance to the new versions.

Why should I get vaccinated?

Flu can be serious for some people. This year's vaccine gives you the best possible protection against the flu viruses likely to be circulating this season.

The vaccine helps protect you from getting the flu. If you do get flu and have been vaccinated, the symptoms are likely to be milder and not last as long. This will reduce your risk of needing to go to hospital with serious flu illness.



It also helps to reduce the spread of flu and may protect those around you from getting ill.

The flu vaccine has been used in Scotland's flu vaccination programme since 2000, with millions of doses given.

Fighting Flu starts with you

We all have a responsibility to protect our colleagues, patients, friends and family. Having the flu vaccination offers the best protection for you and those around about you.

Click [Staff Flu](#) to hear why it is important to receive your vaccination.

How do I know if I am eligible?

Get the flu vaccine to make sure you get the best possible protection against the flu. The flu vaccination is usually offered between September and March. The vaccination is **FREE** to all NHSGGC and HSCP staff.

For more information about eligibility visit NHS Inform at:

[Flu vaccine | NHS inform](#)

Preventing the spread of flu?

Flu is spread by germs from coughs and sneezes. These can live on hands and surfaces for 24 hours. You can help stop yourself catching flu or spreading it to others with good hygiene measures. Do:

- wash your hands regularly with soap and warm water
- clean surfaces like your computer keyboard, telephone and door handles regularly
- use tissues to cover your mouth and nose when you cough or sneeze
- dispose of used tissues as soon as possible
- avoid unnecessary contact with other people while you're infectious
- stay off work or school until you're feeling better enough to go to work.

Washing your hands properly



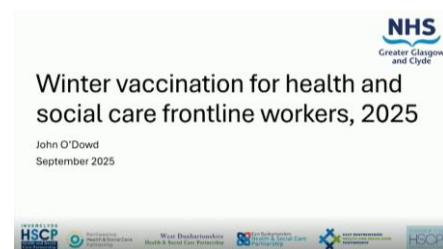
Watch this video as a reminder how to help keep germs at bay by washing your hands properly.

Winter Wellness: Vaccination Awareness

Our workforce plays a vital role in protecting vulnerable individuals and maintaining essential services during the winter months.

An informative virtual session applicable to all frontline health and social care professionals is available for viewing.

Access this via [Winter Wellness Vaccination Awareness](#)



This session provides practical guidance on winter vaccinations to help you stay protected and informed.

Where can I access a vaccination?

There are various ways to book and routes to access vaccinations:

Care Homes

If you work in a Care Home, it may be possible for you to receive your vaccination at work.



The local vaccination team will visit to vaccinate residents.

If you would like to receive your vaccination at work, please speak to your manager. The team need to prepare for additional vaccinations; therefore, arrangements should be made with your local vaccination team and Care Home Manager.

Workplace

NHS Greater Glasgow and Clyde are running a Staff Vaccination Fortnight from **Monday 14th September – Sunday 27th September 2026**. Each HSCP is also holding local clinics.

Details including drop-in clinics, venues and timings can be found by scanning the QR code or by accessing [NHSGGC - NHS Staff Vaccinations 2026](#)



Community Pharmacy

Flu vaccinations are available in some Community Pharmacies. A list of participating community pharmacies can be found by accessing the community pharmacy website: [NHS Greater Glasgow & Clyde](#)



Drop-In Clinics

There are a range of drop-in clinics across Greater Glasgow and Clyde from September – December. These take place in a clinic setting in the community. Scan the QR code for clinic dates and venues.



Mobile Vaccination Unit

The Scottish Ambulance Service Mobile Vaccination Unit is a drop in service. Our Mobile Vaccination Unit will be visiting various venues throughout NHS Greater Glasgow and Clyde over the winter period.



Venues and dates will be available on:

[NHSGGC - NHS Staff Vaccinations 2026](#)

under the category Drop In Clinic or scan the QR code.



Book online

Book online using the online booking system here [Login - Customer Service \(nhs.scot\)](#) or scan the QR Code:



Book by phone

You can phone the national vaccination helpline on **0800 030 8013** to book an appointment.

The helpline is open from **9am – 6pm Monday to Friday and 9am – 1pm on Saturdays**. It is closed on Sundays.

Drop In

You can drop into

- a vaccination clinic in the community.
- the mobile vaccination unit at a venue near you.
- a workplace arranged drop in.

Venue details can be found at

[NHSGGC - NHS Staff Vaccinations 2026](#)





What are the symptoms of flu?

Some of the main symptoms of flu include:

- a sudden high temperature
- tiredness and weakness
- a headache
- general aches and pains
- a dry, chesty cough
- sore throat
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- feeling sick and being sick
- chills
- a runny or blocked nose
- sneezing

The symptoms of flu usually develop 1 to 3 days after becoming infected. Most people will feel better within a week. However, you may have a lingering cough and still feel very tired for a few more weeks.

Flu-like illness self-help guide

Refer to NHS Inform for self-help. You can complete a self-help guide to check your symptoms and find out what to do next.

Is the vaccine safe?

Flu vaccine

Get the flu vaccine to make sure you get the best possible protection against the flu. The flu vaccine is usually offered between October and March.

All medicines (including vaccines) are tested for safety and efficacy before they're allowed to be used.

Once they're in use, the safety and effectiveness of vaccines continues to be monitored by the Medicines and Healthcare products Regulatory Agency (MHRA).

Are there any side effects?

Like all medicines, the flu vaccine can cause side effects. This is normal but not everyone gets them. It shows the vaccine is teaching your body's immune system how to protect itself from the disease.

These potential side effects are much less serious than flu or complications associated with flu. Side effects are usually mild and may include:

- tenderness, swelling and/or redness at the site of the injection
- headache
- muscle aches
- fever (temperature 38°C or above)

You may also feel generally unwell. These possible side effects usually go away within a few days. You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help make yourself feel better.

Are there any reasons I should not get the vaccine?

Most adults can have the flu vaccine. But you should seek advice from your health professional if you've had a serious allergic reaction to a flu vaccine in the past or to any of the vaccine ingredients.

You may be at risk of an allergic reaction to the flu vaccine if you have an egg allergy. This is because some flu vaccines are made using eggs.

It's important that you tell the person giving you your vaccine if you have an egg allergy or if you've ever had a serious allergic reaction to a flu vaccine or if you've ever had a serious allergic reaction to anything.

Can I get the flu vaccine whilst I am pregnant?

NHS Scotland recommends that all pregnant women should have the free flu vaccine every time you're pregnant. This is because the flu viruses circulating change each year.

The flu vaccine can be given at any stage of pregnancy and is offered from September throughout winter, until 31 March. Further information can be obtained from [Immunisation | NHS inform](#)

Why should I get the vaccine?

Pregnant women are at a greater risk of serious flu-related complications so need extra protection. Complications may include early labour, low birth weight and stillbirth.

Every year in Scotland, a number of pregnant women will get influenza (flu). Some will need hospital treatment or be admitted to intensive care. Flu in pregnancy is more likely to be serious if you are black or Asian, aged 35 years or over, are overweight or have an underlying health condition.

This year's flu vaccine will give you and your baby the best possible protection against the flu viruses likely to be circulating this winter.

While the vaccine may not stop you from getting flu, your symptoms are likely to be milder, and you are less likely to get seriously ill if you have been vaccinated.

The vaccine will help protect you and your unborn baby in pregnancy and continue to help protect your baby in the first few months of life. The flu vaccine takes around 10 days to work, so the sooner you get it the better.

The flu vaccine:

- can help protect you and your developing baby against this year's flu virus during pregnancy and for at least 3 months after birth
- cannot give you flu as it does not contain any live flu viruses
- is the safest and easiest way to protect you and your baby against serious illness from flu
- can be given at the same time as other vaccines

How is the flu vaccine given?

The flu vaccine will be given as an injection in the upper arm. You only need one dose of the flu vaccine each flu season.

How does the flu vaccine work?

Flu vaccines help protect against the main types of flu viruses that are expected to be circulating in winter.

You have to get vaccinated every year because flu viruses are constantly changing. A different vaccine is made every year to ensure the best protection against the latest types of flu.

It works by teaching your body's immune system how to protect itself from flu. Once you get the vaccine, it takes around 10 days for the vaccine to work. The flu vaccine itself cannot give you flu.

Can I get time off work to attend a vaccine appointment?

Yes, you should be allowed time off to attend a vaccine appointment, subject to the requirements of your service. Please speak to your manager to arrange this.

Can I get the vaccine at work?

The HSCP vaccination teams will be in care homes vaccinating residents and it may be possible to get your vaccine at the same time. Please speak to your manager to find out if this is possible.

Accessibility

Information on vaccinations can be found by accessing NHS Inform.

[Immunisation | NHS inform](#)

Accessibility information includes:

- Large Print
- Audio
- Easy Read
- British Sign Language
- Various Languages

Other formats or languages can be accessed by contacting:

[Flu vaccine | NHS inform](#)

Or email:

phs.otherformats@phs.scot

[Illnesses and conditions](#) [Symptoms and self-help](#) [Tests and treatments](#) [Healthy living](#) [Care, support and rights](#) [Scotland's Service Directory](#)

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Information in other languages and formats

If you need a different format (Braille, for example) or language (Albanian, for example), please contact phs.otherformats@phs.scot

➤ [Arabic](#)

• [Arabic information about the flu vaccination](#)

➤ [Audio](#)

➤ [Bengali](#)

➤ [British Sign Language \(BSL\)](#)

➤ [Chinese traditional \(Cantonese\)](#)

➤ [Chinese simplified \(Mandarin\)](#)

➤ [Easy read](#)

➤ [English](#)

➤ [Farsi](#)

➤ [Gaelic](#)

➤ [Hindi](#)

➤ [Kurdish sorani](#)

➤ [Large print](#)

➤ [Polish](#)

➤ [Punjabi](#)

➤ [Romanian](#)

➤ [Russian](#)

➤ [Slovakian](#)

➤ [Tigrinya](#)

➤ [Ukrainian](#)

➤ [Urdu](#)

➤ [Vietnamese](#)

Fighting Flu Starts with You