Dear **[insert patient’s name]**

**Flu. Trust the facts. Get the vaccine.**

I am contacting you because your health records show that you are at particular risk from the flu virus.

Flu can be more serious than you think. It’s highly infectious and can lead to serious complications like pneumonia and hospitalisations. People with a health condition are 18 times more likely to die from flu than those without a health condition.

The vaccine is given as an injection in your upper arm, and offers the safest and best defence against flu. It’s free and only takes a few minutes.

The flu virus changes every year. If you had the flu jab last year, you still need to have this year’s vaccine to be protected.

More information is available at **www.nhsinform.scot/flu** or you can call the NHS inform helpline free on **0800 22 44 88** (textphone 18001 0800 22 44 88). The helpline is open every day and also provides an interpreter.

**What to do next**

We now have this year’s flu vaccine ready at the surgery for everybody who is eligible.

I would be grateful if you could call the practice on **[insert GP practice phone number]** so we can arrange a convenient time for you to come in and receive your free vaccination. **[insert details of alternative local flu clinic arrangements if relevant to your GP practice]**

I hope you will take this opportunity to help protect your health before winter arrives, and look forward to seeing you at the practice soon.

Yours sincerely,

**[insert Doctor’s name]**

My appointment date:

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