

Eligible adults urged to get free flu vaccination

Scottish Government advises that 'Free vaccine is best form of protection.'

The Health Secretary and Chief Medical Officer are joining together to urge all eligible adults to take up the offer of the free flu vaccination. Those who already have a health condition are at more risk if they develop flu.

✘ Latest figures from Health Protection Scotland (HPS) show just over 41% of those aged under 65, who are considered 'at risk', have had their flu jab this winter – but cases of flu have more than doubled compared to the same time last year.

HPS in its latest [report](#) says 'There is continuing evidence of increasing secondary care pressure based on virological detections of influenza.'

Health Secretary Shona Robison said: "The flu virus can make even healthy people very unwell – and puts extra pressure on our health service at what is already a very busy time of year.

"The flu vaccine offers the best defence against the most common strains of the virus circulating this year and has an excellent safety record.

"Each year the World Health Organisation determines which influenza strains should be covered within the influenza vaccination programme and the health services across the UK use these recommended vaccines as these are likely to be the most effective ."

CMO Dr Catherine Calderwood said: "Every year in Scotland, around two thirds of people who get severe flu and need

intensive care treatment have a health condition such as chronic lung or heart disease.

“Given that we’ve already seen a large increase in cases of flu this winter, I’d encourage those who are eligible – including those with underlying health conditions, pregnant women and healthcare workers – to make getting the vaccination a priority and book an appointment with their GP practice or health board as soon as possible.”

To find out more about the free flu vaccine visit [Immunisation Scotland](#) or call NHS Inform on 0800 22 44 88.