



## Covid-19 An update from Burwell Surgery

**Covid-19 and vaccination update:** the number of positive cases amongst patients registered at the surgery have been:

Month	Positive Cases	Month	Positive Cases	Month	Positive Cases
*December	101	January	81	February	21
March	7	April	0	May	0
June	15	July	97	August	90

\*2020

As of Friday 19<sup>th</sup> August Addenbrooke's had 44 inpatients and 14 in critical care with Covid-19 related illness.

It does seem that Cambridgeshire lags behind other areas of the country, i.e. numbers were increasing around here whilst many other areas had already started to stabilise. It certainly feels like we are seeing more cases again. Whilst these are not resulting in admission and serious acute illness as often, we are seeing more people present to us with symptoms relating to long Covid (we are calling it 'post-Covid syndrome' in the medical world).

If you do have ongoing symptoms after Covid, I would encourage you to have a look at the resources on this NHS website: [www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk) If you would like to discuss them with us please do get in touch ideally using askmyGP or contact reception: 01638 741234.

Our thoughts are now turning towards the next vaccination campaign. We don't know how long immunity lasts following Covid vaccination (or Covid itself) but immunity definitely reduces over time. National guidance (currently being finalised) is that we will be offering booster doses for Covid vaccinations with flu vaccinations this year.

Initially this is likely to be to everyone over 50 or those with an 'at risk' condition, but these cohorts may well be extended. Vaccination is the best way of protecting yourselves and your families. There is likely to be significantly lower immunity to flu this year – as there was very little circulating flu last year during lockdown.

I would ask you to have a look at the communication below put together by our local practice group (the Ely Primary Care Networks) which contains further detail as to how the vaccination programme is likely to operate.

I hope you and your families stay safe and well over this time.

Dr Alex Manning  
Partner, Burwell Surgery

August 2021 

### **Flu jabs and COVID boosters**

With September fast approaching, so does the annual flu season.

Last year, record numbers of people in England took the opportunity to receive a flu vaccination, helping to protect themselves, their families and the wider community. Together they helped to keep flu levels low.

This year in the UK we will have both the influenza virus and COVID-19 circulating throughout the winter months. Therefore people will be offered both a flu vaccination plus a COVID booster. The vaccinations will begin towards the end of September in order to protect the most vulnerable before the flu virus starts circulating widely.

The GP practices which make up the ELY Primary Care Network\* are currently working hard to put robust plans in place to rapidly deliver both flu jabs and COVID boosters to all our eligible patients.

While final details are still to be confirmed, the seasonal flu vaccine roll out is expected to operate in a similar way to how the COVID vaccination has been delivered locally, that is with people in our priority groups being invited first.

Details confirmed so far:

- All vaccines and boosters will be given at Cathedral Medical Centre or Staploe Medical Centre
- There will be no flu clinics at individual surgeries, except for nasal flu sprays given to children
- All eligible patients will be contacted by their surgeries when it is their turn
- The clinics are expected held during some evenings as well as Saturdays, starting from the end of September

We expect that care home residents and staff, healthcare workers and those over 80 will be invited first. These are people who had their COVID vaccinations early in the year and who may now need a booster to ensure they remain as fully protected as possible.

People with chronic conditions or who are clinically vulnerable and those aged between 65 and 79 will also be called, with people aged 50-64 being invited in due course. It is hoped that the flu and booster programme will be completed as quickly as possible.

Final plans will be confirmed as soon as possible. Do keep an eye on our website: [www.theburwellsurgery.co.uk](http://www.theburwellsurgery.co.uk) or on our Facebook page. For those without access to online resources, we will contact either by telephone or letter.

### **What do I need to do?**

- Burwell Surgery will be in touch with you via text or phone to book your flu jab appointment.
- Please DO NOT ring the surgery to book. You will be invited for your flu jab and COVID booster when it is your turn.

### **More about COVID boosters**

Our local COVID vaccination programme has been very successful. In the last eight months, we have given over 80,000 vaccinations to people living in Ely, Soham and surrounding areas.

It is very important that the protection from coronavirus which has been built up in our local population does not decline through the winter months, the Ely PCN wishes to maximise this immunity especially against COVID variants. So our local booster programme will be designed to protect as many of our vulnerable patients as possible during the winter months.

More details about our local COVID booster programme will be issued in due course.

### **More about flu vaccinations**

#### **What is flu?**

Flu or influenza isn't just a heavy cold. It is a highly infectious disease that occurs every year and which can spread rapidly in communities. It is caused by viruses that infect the respiratory tract. That is nose, mouth, throat, windpipe and lungs.

Common symptoms include:

- Fever, chills, headache, muscle and joint pain and extreme fatigue
- Dry cough, sore throat and stuffy nose
- Vomiting and diarrhoea, particularly in young children

Healthy people usually recover within 7 days but for some – including older people, those who are clinically extremely vulnerable, pregnant women, and children under 6 months – the flu virus can be very serious.

#### **How do you catch flu?**

When an infected person coughs or sneezes, they spread the flu virus in tiny droplets of saliva over a wide area. These droplets are then breathed in by other people or they can be picked up by touching surfaces where the droplets have landed.

Even people with mild or no symptoms can infect others.

The best way to avoid catching and spreading the flu is to have a vaccination before any outbreaks of flu hit the local community.

Remember you need a flu jab every year. Please don't assume you are protected because you had one last year.

### **Who is eligible for a FREE flu vaccination?**

- Adults aged 16 or over who are immunosuppressed or considered clinically extremely vulnerable
- Those living in residential care homes for older adults
- All adults aged 70 years and over
- Frontline health and social care workers
- Children who are clinically extremely vulnerable
- Pregnant women.

For a second year, all adults aged between 50 and 64 will also be invited.

ELY PCNs  
August 2021

[Footnote \*Ely PCN consists of the following GP practices: St George's Medical Centre, Burwell Surgery, Cathedral Medical Centre, St Mary's