

Flu vaccine



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ALEXANDER MCNEIL
1 MOSS RD
FALLIN
STIRLING
FK7 7JF

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Dear ALEXANDER MCNEIL

You're now invited to book your free flu vaccine.

You're being offered the vaccine because you're more at risk of flu-related complications and need extra protection, even if you feel healthy or have a health condition that's mild or well managed.

Getting vaccinated can help reduce your risk of becoming seriously ill or having to go to hospital.

Book your appointment now.

- Scan the QR code or visit www.nhsinform.scot/flu
- You'll need your unique username to log in.
- Your username is: **alexander.mc2346**
- If you cannot access the online booking portal, please call **0800 030 8013**.



Things to bring to your appointment:

- A list of medications you're taking.
- A list of recent treatments and therapies you've received.

If you've had a flu vaccine since August 2025 (for example at work or at a pharmacy), you do not need to have another one this year, so there's no need to book an appointment.

For more information about the winter vaccines, including who's eligible, visit www.nhsinform.scot/wintervaccines or call **0800 030 8013**.

Protect yourself and those around you from flu this winter.

Yours sincerely
Jennifer Champion
Interim Director of Public Health

