

THE 60-SECOND FLU CHAT

If you think someone might be a carer, you could use the script below to encourage them to ask for a free flu jab and look into other services for carers. In this example, the carer is looking after her mother.

I've noticed that you do a lot for your mum. If you were suddenly taken ill, would she be able to manage without your help?	YES →	That's good to know. The reason I asked is that I meet a lot of people looking after someone who couldn't get by if they were ill so I always ask if they've had their flu jab! Do you know of anyone in that situation? Yes? In that case, could you give them this leaflet so that they don't miss out either? (Gives carer NHS Flu fighter flyer).
NO ↓		
"I'm sure you're doing everything you can to keep yourself well then? Have you had your free flu vaccination yet?"	YES →	That's great. A lot of people in your situation are getting their flu jabs at the moment. Do you know of anyone else in that situation yourself? Yes? In that case, could you give them this leaflet so that they don't miss out either? (Gives carer NHS Flu fighter flyer).
NO ↓		
In that case, it's really important that you have one. If you were struck down by the flu, there's no way you'd be able to look after your mum. It's not a like a cold where you could still soldier on, even though you were feeling rough. Most people who get the flu have to take to their bed for several days!		
And another advantage of getting vaccinated is that you'll be less likely to pass the virus on to your mum who could really suffer if she were to get it.		
Let me give you this leaflet. It explains how you can arrange to have a flu jab for free because you're an unpaid carer.		
Have a word with your GP practice today or ask your pharmacist as quite a lot of pharmacists are giving free NHS flu jabs now as well.		
In fact, lots of people in your situation are getting vaccinated at the moment, so don't miss out.		
By the way, the leaflet also tells you about other services that can help when you look after someone and gives you a number to ring to find out more. Let me know how you get on next time I see you.		