**This Action for M.E. template letter/email sets out why people with M.E. should be a eligible for a free flu vaccine. We would encourage you to edit it to add your own voice for the best chance of a personalised response, and please let us know how you get on.**

Dear

Please can I share the following information with you regarding my eligibility for the free flu jab, as someone living with myalgic encephalomyelitis (M.E.), sometimes diagnosed as chronic fatigue syndrome (CFS, or M.E./CFS).

In all regions of the UK, people with neurological conditions are eligible for free flu vaccinations. See updated information for:

* England [www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/](https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/)
* Scotland [www.nhsinform.scot/flu-vaccine/who-can-get-the-vaccine/people-aged-50-or-over-those-with-a-health-condition-and-carers/](http://www.nhsinform.scot/flu-vaccine/who-can-get-the-vaccine/people-aged-50-or-over-those-with-a-health-condition-and-carers/)
* Wales <https://phw.nhs.wales/topics/immunisation-and-vaccines/fluvaccine/eligibility/>
* Northern Ireland <https://www.nidirect.gov.uk/articles/flu-vaccine>

M.E. has been listed as a “Disorder of nervous system,” ie. neurological condition, by SNOMED CT since 2018.

M.E. is an example of an “intermittent and unpredictable” long-term neurological condition on the NHS England website at [www.england.nhs.uk/ourwork/clinicalpolicy/ltc/our-work-on-long-termconditions/neurological](https://www.england.nhs.uk/ourwork/clinicalpolicy/ltc/our-work-on-long-termconditions/neurological) as follows:

“There are over 600 types of neurological conditions, which are broadly categorised into:

* Sudden onset conditions (e.g. acquired brain injury or spinal cord injury)
* Intermittent and unpredictable conditions (e.g. epilepsy, ME, certain types of headache, or the early stages of multiple sclerosis)
* Progressive conditions (e.g. motor neurone disease, Parkinson’s disease, or later stages of multiple sclerosis)
* Stable neurological conditions (e.g. post-polio syndrome, or cerebral palsy in adults).”

M.E. is listed as a neurological condition by the World Health Organisation in the 2019 edition of ICD-10: <https://icd.who.int/browse10/2019/en#/G93.3>

You can find more information and resources at:

* [www.actionforme.org.uk/medical](http://www.actionforme.org.uk/medical) for information for professionals on diagnosis, aetiology, prevalence, referrals and symptom management
* [www.studyprn.com/p/chronic-fatigue-syndrome](http://www.studyprn.com/p/chronic-fatigue-syndrome) for a free, CPD-accredited online M.E. learning module for professionals
* [www.actionforme.org.uk/info-and-support](http://www.actionforme.org.uk/info-and-support) for information, support and advocacy services for people with M.E. of all ages – or call 0117 927 9551.

With thanks for your time and best regards