

Flu Season

People at risk of developing serious complications from flu are advised to take advantage of their free flu jab. This year we are urging more of those at risk to protect their health and come along to one of our flu clinics which will be held on:

Saturday 2nd October *and* Saturday 16th October

Please contact the surgery to arrange an appointment for one of these sessions. If you are unable to attend on any of these dates please ask one of our receptionists who will arrange for you to attend on an alternative date.

Get vaccinated if you are/have:

- Work with, or care for vulnerable people whose welfare may be at risk if you fall ill
- Over 65
- Respiratory disease:
 - Chronic obstructive pulmonary disease (COPD)
 - Bronchitis
 - Emphysema
 - Cystic fibrosis
 - Bronchiectasis
 - Some people with asthma
- Heart disease
 - Angina
 - Heart failure
 - Previous heart attack
- Kidney disease
 - Chronic renal failure
 - Undergoing dialysis
 - Previous kidney transplant
- Liver disease
 - Cirrhosis
 - Biliary atresia
 - Chronic hepatitis
- Diabetes
- History of...
 - Stroke or transient ischaemic attack (TIA)
 - Multiple sclerosis (MS)
 - Some diseases of the central nervous system
- Weak immune system
 - No spleen or splenic dysfunction
 - HIV
 - Cancer
 - People taking high-dose steroids
 - Radiotherapy
 - Chemotherapy

If you are unsure if you need a flu vaccination, ask your doctor. Flu vaccination is available on the NHS to protect the health of people for whom flu could be serious. It is very important to have an annual vaccination to make sure you are covered.