

HOW TO GET A FLU JAB

Flu season is here! - meaning the weather is changing, it's getting colder, and the chance of catching the flu virus is higher

Whilst many people are able to brush the flu off and get better quickly, for some people getting flu can be a risk to their health and they become very ill, which can sometimes be life threatening.

Those at greater risk of becoming very ill are the elderly, people with life long chronic conditions such as asthma, COPD, diabetes etc, and young children.

Having more than one risk factor can increase the risk.

The best way to prevent catching and spreading flu is to get vaccinated annually.

This year patients with asthma or respiratory disease are being even more encouraged to attend as they often decline. Having respiratory illness with flu is a serious risk.

Many patients decline the flu vaccine every year because they feel healthy. Having the vaccine not only protects you but others around you who could be of greater risk. If you catch flu and recover quickly it's still likely you will have spread the virus to others. Together we can eliminate flu.

Risk factors/eligibility/information:-

[For more information about Flu click here](#)

Get your vaccine at the surgery:-

Saturday clinic's

29th Sept over 65 years only.. call to book

13th Oct at risk groups only.. call to book

Drop in clinics

Mon-Fri throughout the season.

12:00-12:15pm

5:00-5:15pm

Note: At risk group (under 65) vaccines available from 15th Oct.

Book a routine appointment:-

From 1st October we can pre-book your routine vaccine.

Children's Flu ages 2-3

Fluenz party half term week.

More details to follow.