**Help Us to Help You – Stay Well This Winter**

**Flu Vaccination**

Flu is very infectious and spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading flu, use tissues to trap germs when you cough or sneeze, wash your hands often with warm water and soap, and bin used tissues as quickly as possible. Catch it. Bin it. Kill it.

You are eligible for a free flu vaccination if you are pregnant, are aged 65 years or over, have a long term health condition (see list of eligible conditions below) or are a carer. Children aged 2 or 3 years are also eligible.

Flu on top of any long-term health condition can easily develop into something very serious. You are eligible for a free flu jab if you have the following conditions:

* COPD, bronchitis, emphysema or asthma
* Heart disease
* Kidney disease
* Liver disease
* Have had a stroke or transient ischaemic attack (TIA)
* Diabetes
* Lowered immunity as a result of disease or medical treatment, such as cancer treatment
* A neurological condition, such as Parkinson’s disease, motor neurone disease, multiple sclerosis, cerebral palsy, or a learning disability
* A problem with your spleen, including sickle cell disease, or if you have had your spleen removed
* A BMI of 40 or above (seriously overweight)

**Flu Vaccination Clinics**

**BOOKABLE** clinics for patients aged **65 YEARS AND OVER** only are:

* Wednesday 18 September - Morning Clinic
* Monday 23 September - Afternoon Clinic
* Friday 27 September – Morning Clinic
* Monday 30 September – Morning Clinic

**WALK-IN** clinic for patients aged **65 YEARS AND OVER** only:

* Tuesday 1 October – 1.30 pm – 5.00 pm

We are still waiting for vaccines to be supplied for at risk patients aged under 65 years and children aged 2 and 3 years. Further clinics will be scheduled for all patients as vaccines arrive.

Please call us on 0300 123 1892 or visit Reception to book.