

FLU VACCINATIONS 2011

FOR OVER 65'S AND THOSE IN AT RISK GROUPS ONLY

SATURDAY 15TH OCTOBER 2011

SURNAMES A TO S ONLY

9.30 – 10.00	A - D
10.00 – 10.30	E - J
10.30 – 11.00	K - O
11.00 -11.30	P –S

PLEASE ATTEND AT THE TIME ALLOCATED TO THE FIRST LETTER OF YOUR SURNAME . PLEASE DO NOT ARRIVE EARLIER THAN THE ALLOCATED TIME.

PATIENTS WITH SURNAMES T - Z : DETAILS OF FLU CLINICS TO FOLLOW

For further details please ask at Reception or speak to the Practice Nurses.

Does flu vaccine cause flu?

Many people worry about this but the vaccine is not a live vaccine and so does not cause even a mild form of flu. Because it is given in the autumn when there are a lot of viruses about, many people will get a viral illness in the week or two after their injection but this will only be by coincidence! Thankfully most of us do not get real flu that often and we forget how awful it is. One person said that if you saw a £50 note in the middle of a field, you know you've got real flu when you haven't got the strength to go and pick it up! Just because you haven't had flu for 10 years doesn't mean you don't need protection this year!

Who should have a flu vaccine?

We strongly recommend a flu vaccine for **anyone aged 65 and over**, and those over the age of 6 months who are in the following risk groups:

- Chronic lung disease, including asthma
- Chronic heart disease
- Chronic kidney disease
- Chronic liver disease
- Patients who have had a stroke/TIA
- Diabetes
- Impaired immune system, including anyone on high dose steroids (20mg prednisolone or more) (you may also need the swine flu vaccine – see above).
- People who have had their spleen removed
- Coeliac disease
- Anyone in a residential or nursing home
- Anyone who is the main carer for an elderly or disabled person whose welfare may be at risk if the carer falls ill.
- Pregnant women

If you work within the NHS or social services and are involved in direct care of patients then you should also be vaccinated but it is the responsibility of your employers to do this for you, usually through an occupational health service.

If you are not sure if you are in an at risk group then please talk to your doctor or one of the nurses.

If you are not in any of the above groups but would still like to be vaccinated then this would have to be arranged through a private clinic.

What about pneumonia vaccine?

There is a vaccine against pneumococcal pneumonia that can be given at the same time as the flu vaccine and is recommended this year **for those aged 65 and over**, all those under 65 but in the above at risk groups plus

- Anyone with a cochlear implant

It is **usually only given once in a lifetime** apart from in people without a functioning spleen or with nephrotic syndrome (a kidney complaint) who will require another vaccine after 5 years.