

EAST BRIDGFORD MEDICAL CENTRE

SEASONAL INFLUENZA CLINICS

Sat 5th October 2019-Over 65's

Sat 26th October 2019-18-64 Years

BY APPOINTMENT ONLY

8.30am - 11.30am

You are eligible for a flu vaccination if you are **aged 65 or over**; or over the age of 4 years, if you have any of the following conditions:

Please note: All under 5 year olds will be individually contacted and booked into the usual Surgery clinics.

- ❖ Respiratory disease such as COPD or asthma
- ❖ Heart disease
- ❖ Renal disease
- ❖ Liver disease
- ❖ Diabetes
- ❖ Neurological Disease
- ❖ You have had a stroke or transient ischaemic attack (TIA)
- ❖ You have immunosuppression due to disease or treatment
- ❖ You are in receipt of a Carer's Allowance or are the main carer of an elderly or disabled person whose welfare may be at risk if you fall ill.

If you are over 65 and have never had a vaccination against pneumonia you will be offered it at the same time as your flu jab.

Please be aware that the clinics are for flu only. If you have any other health concerns please make an appointment to see your doctor at another time.

Remember - a flu jab will not give you flu!

Influenza, or 'flu', is a highly contagious acute viral infection that affects people of all ages. It typically starts suddenly with fever, chills, headache, aching muscles, general prostration and a cough or other respiratory symptoms. While most people recover without complications in 1-2 weeks, flu can cause serious illness and death, especially in the very young and the elderly. Flu epidemics occur mainly in the winter months and can result in widespread disruption to healthcare and other services. A vaccine is produced every year based on the strains of virus expected to be circulating.

For further advice please telephone the surgery on **01949 20216**

Drs Scaffardi, Stewart and Cope 2 Butt Lane, East Bridgford, Nottingham NG13 8NY