



UPTON SURGERY

FLU NEWSLETTER

2017



THE FLU CAMPAIGN 2017



As the flu season approaches it is time to start to think about the flu vaccination, or as many call it – “flu jab”.

How Flu Jabs Can Help

The flu jab will not stop all flu viruses but it does stop many and studies have shown its effectiveness. The level of protection varies between individuals so whilst protection is not 100% assured, if you do get the flu the effects will likely be milder and much shorter lived than otherwise may have been the case. Evidence has shown that having a flu jab can also reduce the risk of having a stroke. If you have had a flu jab you may ask why you need another; Over time flu strains change so the effectiveness of existing jabs decreases. This is why new jabs are developed and given every year.

PEOPLE WHO SHOULD HAVE A FLU JAB

The injected flu vaccine is offered free of charge on the NHS to people who are at risk. This is to ensure they are protected against catching flu and developing serious complications. You are eligible to receive a free flu jab if you:

- ◇ Are 65 years of age or over
- ◇ Are pregnant
- ◇ Are seriously overweight
- ◇ Have a heart problem
- ◇ Have A chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma
- ◇ Have A kidney disease
- ◇ Lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- ◇ Liver disease
- ◇ Had a stroke or a transient ischaemic attack (TIA)
- ◇ Diabetes
- ◇ A neurological condition , eg multiple sclerosis (MS), cerebral palsy or learning disability
- ◇ A problem with your spleen, eg sickle cell disease, or you have had your spleen removed
- ◇ Are living in a long-stay residential care home or other long-stay care facility
- ◇ Receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- ◇ Children of a certain age group



FLU CLINIC APPOINTMENTS ARE AVAILABLE

TO BOOK NOW



Saturday 30 September 2017

Saturday 7th October 2017

Saturday 4th November 2017

YOU CAN BOOK ONLINE AND IF YOU HAVE NOT REGISTERED FOR ONLINE BOOKING AND HAVE A COMPUTER PLEASE REGISTER NOW

NEW AFTER WORK DROP IN FLU CLINIC NO APPOINTMENT NEEDED!

This new service will be available from 6pm—7pm on:

Thursday 19th October 2017

Wednesday 25th October 2017



SHINGLES VACCINATION



Who's eligible?

Aged 70 years? Plus anyone in their 70's who was born after 1 September 1942 and has not yet had the vaccine

Aged 78 years? Plus anyone aged 79 years old who has missed out on the vaccine.

You can have the shingles vaccination at any time of year. Your doctor will invite you to the surgery for the vaccine when you become eligible.

Protect yourself from the pain of shingles; speak to your GP Surgery about having your vaccine today!



LOOKING AFTER SOMEONE WHO CAN'T GET BY WITHOUT YOUR HELP?

Aim to be flu-proof this winter with a free NHS flu jab.



That's why unpaid carers are offered a free NHS flu jab

When you're caring for a partner, relative or friend who couldn't get by without your help, keeping yourself well is really important.

Are you the main carer of an older or disabled person whose welfare would be at risk if they were ill, this includes people who receive Carers Allowance?

PLEASE COMPLETE A CARERS CARD SO THAT WE CAN PUT YOU ON OUR CARERS REGISTER

PNEUMOCOCCAL VACCINE

A pneumococcal infection can affect anyone. However, some people are at higher risk of serious illness and can be given the pneumococcal vaccination on the NHS.

These include:

- babies
- adults aged 65 or over
- Children and adults with certain long-term health conditions, such as a serious heart or kidney condition

How often is the pneumococcal vaccine given?

Babies receive the pneumococcal vaccine as three separate injections, at 8 weeks, 16 weeks and one year old.

People over 65 only need a single pneumococcal vaccination, which will protect for life. It is not given annually like the flu jab.

People with a long-term health condition may need just a single one-off pneumococcal vaccination or five-yearly vaccination, depending on their underlying health problem.

