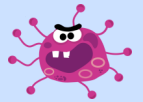


UPTON SURGERY

FLU NEWSLETTER



2018



NHS FLU VACCINES ARE CHANGING THIS YEAR

There are now

2 DIFFERENT
FLU VACCINES

FOR ADULTS

All adults **OVER 65 YEARS** and
eligible **ADULTS UNDER 65 YEARS**
will receive a **NEW VACCINE** that is
MORE EFFECTIVE in their age group.

**FLU CLINIC APPOINTMENTS ARE
AVAILABLE**

TO BOOK NOW

**Saturday 22nd September 2018 (over 65's
only)**

Saturday 13th October 2018

Saturday 3rd November 2018

*Please call the surgery receptionist 01684 592696
to book an appointment. You will be asked for
your date of birth to ensure you receive the
correct flu vaccine.*



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 by 31st March 2019
- ◇ Are pregnant
- ◇ Are overweight (BMI over 35)
- ◇ Have a heart problem
- ◇ Have a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma
- ◇ Have a kidney disease
- ◇ Lowered immunity
- ◇ Liver disease
- ◇ Had a stroke or a transient ischaemic attack (TIA)
- ◇ Diabetes
- ◇ A neurological condition
- ◇ A problem with your spleen
- ◇ Are living in a long-stay residential care
- ◇ Receive a carer's allowance, or you are the main carer for an elderly or disabled person
- ◇ Children with certain long term conditions
 - Pre school children ages 2—3
 - Children in Years Reception to Year 5 will receive the vaccine at school.**



1 April 2018 – 31 March 2019

Shingles eligibility

- ✓ Eligible
- ✗ Non eligible



Patients remain eligible for the shingles vaccine up until their 80th birthday.

immunisation

The safest way to protect children and adults

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TO BOOK YOUR SHINGLES VACCINE

**PLEASE CONTACT UPTON SURGERY
01684 592696**

**TO
BOOK AN APPOINTMENT**



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.

How often is the pneumococcal vaccine given?

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.



TO BOOK YOUR PNEUMOCOCCAL VACCINE

PLEASE CONTACT UPTON SURGERY

01684 592696

TO

**BOOK AN APPOINTMENT
WITH A HCA OR PRACTICE NURSE**