

The Seasonal flu jab

just do it!

Vaccination is given free of charge to all our registered patients in the following at-risk groups, to protect them from flu:

All people with a serious medical condition – “**at risk groups**”

Medical conditions that put you at higher risk of flu

The seasonal flu jab is offered free of charge to anyone over the age of six months with the following medical conditions, as they are at higher risk of catching flu:

- chronic (long-term) respiratory disease, such as severe asthma, COPD or bronchitis,
- chronic heart disease, such as heart failure,
- chronic kidney disease,
- chronic liver disease,
- chronic neurological disease, such as Parkinson's disease or motor neurone disease,
- diabetes, or
- a weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment).

Also all other people included in the groups below:

- people aged 65 or over
- **all** pregnant women
- people living in a residential or nursing home
- the main carers for an elderly or disabled person whose welfare may be at risk if the carer becomes ill
- healthcare or social care professionals directly involved in patient care
- those who work in close contact with poultry, such as chickens.

Please – don't delay – ring the surgery and book your appointment for a free flu vaccination now.

I'm healthy but I would still like to avoid flu by having a vaccination?

- If you don't 'qualify' for free flu vaccination but still wish to be vaccinated we are very sorry but the surgery cannot provide the vaccination – even privately.
- You can obtain vaccination at many local chemists and even supermarkets – usually for about £10.00