

Practice News

October 2018

We Are Approaching Flu Season

Be Prepared

&

Be Immunised!

Seasonal flu is a highly infectious disease caused by a virus. It occurs every year usually in the winter months. Last year was a bad year with many people affected nationally. The most likely viruses can be identified in advance and vaccinations prepared against them. In fit and healthy people flu can be unpleasant and inconvenient but in the elderly, and those with certain medical conditions, it can be extremely serious and even life threatening.

Help us to help you stay safe by booking into one of our Flu clinics.

Remember! If you are a carer you should also get immunised, even if you are fit and well.

Dr F. Hay, GP Partner

Who is eligible for the free flu vaccination

- Patients aged 65 years old+

Patients with:-

- chronic (long-term) respiratory disease, such as severe asthma, chronic obstructive pulmonary disease (COPD) or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease at stage three, four or five
- chronic liver disease
- chronic neurological disease, such as Parkinson's disease or motor neurone disease, or learning disability
- diabetes
- splenic dysfunction or asplenia
- a weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment)
- morbidly obese (defined as BMI of 40 and above)
- All pregnant women

Which Vaccine for Which Patients?

For the 2018/19 flu season, The Department of Health and Social Care, Public Health England and NHS England have recommended using the following vaccines:-

Adjuvanted trivalent influenza vaccine (aTIV)

Adjuvanted trivalent flu vaccine is more effective in those 65 years and above compared with the non-Adjuvanted or 'normal' influenza vaccines currently used in the UK for this age-group.

Quadrivalent inactivated influenza vaccine (QIV)

Quadrivalent inactive influenza vaccine is given to 18-64 years in clinical at risk groups and carers. Pregnant Women; Household contact of immunocompromised individuals;

Quadrivalent live attenuated influenza vaccine (QLAIV)

Quadrivalent live attenuated influenza vaccine is given to 6 months to 17 years – Reception classes 1,2,3,4,5 and fall within these date of birth ranges;- Date of birth on or after 1 September 2014 and on or before 31 August 2016; Date of birth on or after 1 September 2008 and on or before 31 August 2014 will be given at School.

For more information visit: www.nhs.uk>healthA-Z>vaccinations.

FLU CLINIC DATES

The Practice is offering flu clinics for patients eligible for free vaccinations under the NHS on the following dates:

CRESSAGE PRACTICE: SATURDAY 20 OCTOBER 8.30 am to 12.30

MUCH WENLOCK PRACTICE: SATURDAY 10 NOVEMBER 8.30am to 12.30

Please contact Much Wenlock & Cressage Practice on 01952 726011 (Much Wenlock) or 01952 511166 (Cressage) to book your flu vaccination appointment after 2pm, Monday to Thursday.

Further dates will be advertised as they are available.