# Erskine Practice Patients Only Arthurstone Medical Centre

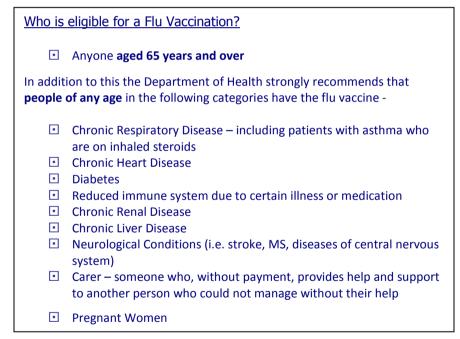
We are running flu vaccine **drop in** clinic on the following date:

## YOU DO NOT NEED TO MAKE AN APPOINTMENT

Wednesday 17 October 2018 - 9.00 to 12.30 AND 13.30 to 17.00

Tuesday 30 October 2018- 16.00 to 18.50

Wednesday 7 November 2017 - 09.00 to 12.30 AND 13.30 to 17.00



As there will be limited parking spaces it would be appreciated if you could take public transport or park out with the Health Centre

### **Pneumococcal Vaccination**

If you are **under 65 and have certain conditions** you may also be eligible for this vaccine. The Practice Nurse will advise you when you attend for your flu vaccine. If you are **aged 65 and over and have never had this vaccine** you will now be eligible and can have the two vaccinations together



If you fall into any of the above categories please come for your flu vaccine. If you are unsure if you are eligible please contact Debbie Whitton, Senior Practice Nurse.

### Questions sometimes asked by patients

# Flu is not so bad/I've had flu in the past & survived/I'm fit for my age. Why do I need a flu vaccine?

Because flu is more than just a cold, as you get older it can really knock you for six & it can be fatal.

### I had a flu vaccine before & still got flu.

It probably wasn't flu. There are many other respiratory infections; flu is just one of them. Unfortunately the flu vaccine won't prevent the other infections, but it will stop you getting flu.

### I had a flu vaccine before & it gave me flu.

Wrong-It can't. There is no active virus in the vaccine so it can't cause flu. You could have had one of the other respiratory viruses, or occasionally you could have caught flu before the vaccine took effect.

### I had a flu vaccine & it made me ill.

Flu vaccine can cause some discomfort & swelling at the injection site. On rare occasions it can produce a temperature & aching muscles, which can last up to 2 days. Other reactions are very rare.

### Is there anyone who shouldn't have the vaccination?

Most people can have the vaccine, but you should no be vaccinated if you have had a serious allergy to the vaccine in the past, or if you have a serious allergy to hens' eggs.

If you have a fever, it is best to delay the vaccination