

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

Who is eligible for a Flu Vaccination?

- Anyone **aged 65 years and over**

In addition to this the Department of Health strongly recommends that **people of any age** in the following categories have the flu vaccine -

- Chronic Respiratory Disease – including patients with asthma who are on inhaled steroids
- Chronic Heart Disease
- Diabetes
- Reduced immune system due to certain illness or medication
- Chronic Renal Disease
- Chronic Liver Disease
- Neurological Conditions (i.e. stroke, MS, diseases of central nervous system)
- Carer – someone who, without payment, provides help and support to another person who could not manage without their help
- Pregnant Women

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

PTO →

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 not 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