

WATERSIDE MEDICAL PRACTICE

Flu Season 2017

We are now inviting patients to book appointments for their flu jabs.

Please check the criteria below to see if you are included.

This is not an exhaustive list so if you are unsure, please contact the practice to see if you are eligible.

Are you:

- Pregnant?
- Aged 65 or over?
- A person with diabetes?
- A person with a BMI > 40?
- Living in a residential or nursing home?
- The main carer for an older or disabled person?
- Frontline health or social care worker?
- On steroid medication or undergoing cancer treatment?

Do you have a long-term condition of the:

- Lungs, e.g. asthma or COPD?
- Heart?
- Brain or nervous system?
- Kidneys?
- Liver?
- Immune System?
- Spleen? e.g. sickle cell disease or have you had your spleen removed?
- Had a stroke or TIA?

Some people are at higher risk of serious illness, complications or even death if they catch flu, which is why the Department of Health recommends a flu vaccination for them.

Contact the practice to book your flu jab today. We have a number of clinic times available, with Saturday, evenings and early mornings available.

If you are housebound, please still call the surgery and we will put you on the waiting list to be visited for your flu jab.

Please support your GP Practice by having your flu jab with us.