



PATIENT PARTICIPATION GROUP

NEWSLETTER—Special 'Flu Edition

Issue 5 October 2014

The Flu Season is upon us!

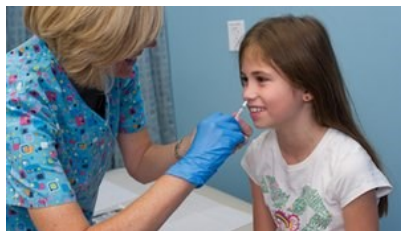


Aged 65 years or over? Please book in for your annual flu jab.

If you are under 65 years and have a long term medical condition contact the practice to see if you are entitled to a Flu jab.

ALL children aged 2, 3 and 4 years old are all invited for a flu vaccination.

The great news is this **NOT** given with a needle (injection). The vaccination is a mist which is sprayed into each nostril (up the nose) take a look at the picture below:



Children with long term conditions for example, asthma, are entitled to a flu vaccination from 6 months upwards.



We look forward to seeing you at one of our many Flu clinics!

WMC October 2014/15 Flu Season

We ask: Who should have the flu jab?

Dr A Ralphs answers:



Its flu season again, like Christmas, comes along all too quickly, good for you but sometimes a nuisance to organise!

Well, unlike Turkey or Christmas pudding there are a few people who shouldn't have the jab BUT many who should. Just as a reminder here is the list of those who should have the jab.

- are 65 years of age or over
- are pregnant
- have certain medical conditions (see below)
- are living in a long-stay residential care home or other long-stay care facility
- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- are a healthcare worker with direct patient contact or a social care worker (see below)

If you're in any of these groups please ask to see the nurse for an appointment or ask the doctor you're seeing if you come for something else. It only takes a few seconds to get the jab so can be done at the same time.

Some people doubt the benefits of the jab but evidence is clear that this is one simple way of keeping more people out of hospital. Furthermore.....

I've already had mine!

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You can read this and all previous issues of the Newsletter, together with the minutes of all the PPG meetings on the website:

www.wolstantonmedicalcentre.nhs.uk/patient-participation