



Elizabeth Courtauld  
Partnership

North Chelmsford NHS Healthcare Centre

Sainsbury's  
2 White Hart Lane  
Chelmsford  
CM2 5EF

Tel: 0300 123 3366  
Fax: 0300 123 4466

## BOOK YOUR FLU JAB NOW!

We will be holding Flu Clinics on the following dates.

Watch this space for more dates!

Day of week	Date	Age range
Saturday	28/9/19	Over 65 years
Monday	30/9/19	Over 65 years
Sunday	6/10/19	Over 65 years
Tuesday	15/10/19	18 - 64 years
Saturday	19/10/19	18 - 64 years
Tuesday	22/10/19	18 - 64 years
Saturday	26/10/19	18 - 105 years

**Please see reception to book an appointment**

You are entitled to a **free flu jab** if you are:

- ✓ **Pregnant**
- ✓ **Have a neurological condition, e.g. multiple sclerosis (MS), cerebral palsy or a learning disability**
- ✓ **Have a problem with your spleen, e.g. sickle cell disease or you have had your spleen removed**
- ✓ **Seriously overweight (BMI of 40 and above)**
- ✓ **A family carer**

Or have a long term condition such as:

- ✓ **A heart problem**
- ✓ **A chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma (*patients with stable asthma are not entitled to a free vaccination*)**
- ✓ **A kidney disease**
- ✓ **Lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)**
- ✓ **Liver disease**
- ✓ **Had a stroke or a transient ischaemic attack (TIA)**
- ✓ **Diabetes**

**Please support us by having your flu vaccination done at your surgery – your flu vaccination has been purchased specifically for you. Thank you.**

[www.nchc.gpsurgery.net](http://www.nchc.gpsurgery.net)