**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 attach (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.**