

APPLEBY SURGERY

Tuesday 17th November 9.00-11.00am
(Open Clinic)

DON'T BE COMPLACENT

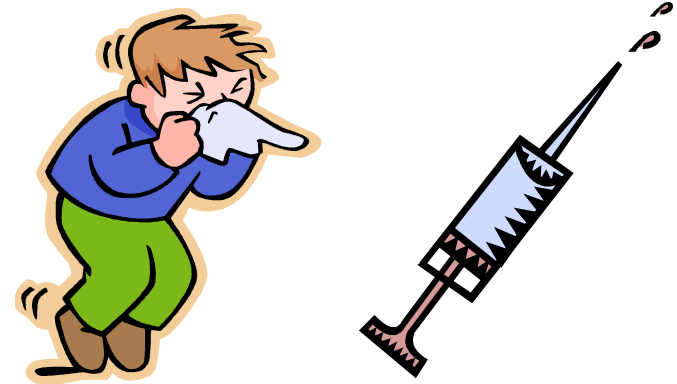
PROTECT YOUR HEALTH

AND THE HEALTH OF THOSE

AROUND YOU

THIS WINTER!

MEASHAM MEDICAL UNIT



GET THE VACCINE

NOT THE FLU

Flu vaccination protects people who are at risk of serious illness if they catch flu.

Flu is around every winter but the flu virus changes. Last year's vaccination won't protect you this year.

The vaccine cannot cause flu as it does not contain any live virus.

We will be holding the flu clinics as usual immunising all patients eligible to receive the flu vaccine this year. However, due to a national manufacturing problem, we are receiving our flu vaccine in staged supplies and because of this we are going to immunise all patients with chronic diseases first, as these patients are more at risk. We have listed the chronic diseases below:

- Diabetes
- Heart problems
- A weak immune system
- Kidney disease
- Asthma (all children using inhaled steroids for their asthma are now advised by the Government to have a flu vaccine).
- Chronic bronchitis
- No spleen

All patients with chronic disease will be invited by letter to clinics in October and then we will hold our usual open clinics in November as listed opposite for all patients 65 and over without chronic disease.

We apologise for any inconvenience caused.
Information from the Government regarding

Please be aware that this vaccine is a seasonal flu vaccine ONLY and WILL NOT protect you against Swine Flu. We are still awaiting information from the Government regarding Swine Flu vaccinations.

A flu jab is your best protection against flu.
Flu symptoms hit you suddenly and severely.
Don't be complacent, protect yourself now.

Remember you cannot catch the flu from the vaccine—it can keep you healthy

MEASHAM MEDICAL UNIT

Saturday 7th November 8.30am-12.00pm

For Measham, Donisthorpe, Oakthorpe
& Moira patients
(Open Clinic)

Saturday 14th November

8.30am-12.00pm

For all other villages
(Open Clinic)