



# Grove House Practice Flu Vaccination Special



 <b>Self care</b> Visit <a href="http://www.nhs.uk">www.nhs.uk</a> Minor cuts and grazes Bruises & minor sprains Coughs and colds Sore throat	 <b>Pharmacy</b> Minor ailments Bites and stings Upset stomach Medication advice	 <b>NHS 111</b> Feeling unwell? Need medical advice? Don't have a GP to call?	 <b>GP Advice</b> Out of hours call 111 Persistent symptoms Chronic pain Long term conditions	 <b>GP Extra</b> Pre-bookable and same day appointments available with prescribing practitioners. Mon-Fri 6.30pm-9.00pm Sat-Sun 9.00am-3.30pm Ask your own surgery for a GP Extra appointment	 <b>Urgent Care Centres</b> Breaks and sprains X-Ray and ultrasound Cuts and grazes Fever and rashes	 <b>A&amp;E or 999</b> Emergencies only Choking Chest pain Blacking out Serious blood loss
--	--	--	--	--	--	---

## Vaccination for over 65's

A more effective flu vaccine is available this winter for those aged 65 and over, which could prevent deaths and reduce the impact on the NHS.

You are eligible for the new flu vaccine this year if you will be aged 65 and over on March 31 2019, that is, you were born on or before March 31 1954. If you are currently 64 but will be 65

## Who else is eligible?

Last year the Practice was pro-active in using the quadrivalent injection, but now it is recommended for everyone under 65 and 'at risk'. **Those eligible for the flu vaccine this year include:**

- adults 65 and over (including adults over 18 at risk of flu)
- pregnant women
- children aged 2 and 3
- children in reception class and school years 1, 2, 3, 4 and 5
- children aged 2 to 17 years at risk of flu

It is also available for children 6 months and above in an eligible group who cannot receive the live vaccine. **If you have any queries regarding eligibility please contact our Reception.**

## Children's Vaccination



A live quadrivalent vaccine (which protects against 4 strains of flu), can be given as a **nasal spray**. This is for children and young people aged **2 to 17 years** eligible for the flu vaccine

If your child is aged between 6 months and 2 years old and they are in a high-risk group for flu, they will be offered an injected flu vaccine as the nasal spray is not licensed for children

## Our Flu Vaccination Drop in Clinics

These are our Drop in clinic dates for your Diary:



**PLEASE NOTE: ALL ELIGIBLE** patients are able to attend these clinics, you should have received a text message or a letter if you are eligible, if you are unsure please contact our Reception team:



Saturday 13th October  
Saturday 20th October  
Saturday 10th November

**All clinics will be held at Grove House due to building size**

Come in any time during  
9am - 12pm





Tel: 01928 566561 Fax: 01928 842529

Website: [www.grovehouse.co.uk](http://www.grovehouse.co.uk)



## How Effective is the Vaccination?

The Flu vaccine is the best protection available against an unpredictable virus that can cause unpleasant illness in children and severe illness and death among at-risk groups, including older people, pregnant women and those with an underlying medical health condition.



It won't stop all flu viruses and the level of protection may vary, so it's not a 100% guarantee that you'll be flu-free, but if you do get flu after vaccination it's likely to be milder and shorter-lived than it would otherwise have been.

The best time to have a flu vaccine is in the autumn, from the beginning of October to end of November, but don't worry if you've missed it, you can have the vaccine later in winter.

## Side effects of the vaccination

Serious side effects of the injected flu vaccine are very rare. You may have a mild fever and aching muscles for a couple of days after having the vaccine, and your arm may be a bit sore where you were injected.

Side effects of the nasal spray vaccine may commonly include a runny or blocked nose, headache, tiredness and some loss of appetite.

**The flu jab cannot cause flu because there are no active viruses in the vaccine.** If you have what you think is flu after vaccination, it may be that you have caught a flu-like virus that isn't really flu, or you may have caught flu before your flu vaccination had taken effect.

## For further information.....

If you would like any further information regarding the flu vaccinations for 2018/19 then please visit the following websites:

<https://www.gov.uk/government/organisations/public-health-england>

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/#who-should-get-the-flu-vaccine>



**For all the latest and up to date information from Grove House Practice and Heath Road Surgery follow or like us at:**

<https://www.facebook.com/grovehousepracticercorn/>



## Patient Feedback:

If you have any comments, compliments or complaints please use this section and pass it back into a member of reception.

---

---