01273 736030

**FLU VACCINATION APPOINTMENTS NOW BOOKING**

Each year, the flu epidemic not only leads to many preventable deaths and serious illnesses, but also stretches local NHS services to the brink of collapse. At Trinity Medical Centre, we are eager to relieve such pressure, and we are writing to those patients most at risk to reiterate the importance of the flu vaccination.

Past experience has shown that those most vulnerable to serious complications with flu, and who therefore gain most benefit from the vaccination, are those with chronic (long term) underlying health conditions and in at risk categories such as-

* Chronic Respiratory Disease, including, Asthma, COPD, Chornic Bronchitis, Emphysema.

**\*\*PLEASE NOTE, ASTHMATIC PATIENTS WILL NEED TO HAVE BEEN PRESCRIBED AN INHALER IN THE LAST YEAR IN ORDER TO RECEIVE THE FLU VACCIANTION\*\***

* Chronic Heart Disease
* Chronic Kidney Disease (Stages 3-5)
* Chronic Liver Disease
* Chronic Nuerological Disease, such as Parkinsons or Motor Nuerone Disease
* Diabetes
* Immunosuppressed, a weakened immune system due to diease (HIV/AIDS) or treatment (such as cancer treatment)
* Asplenia or Splenic Dysfunction
* Morbid Obesity
* People aged 18 or over living in long-stay residential care homes or other long-stay care facilities
* Pregnant Women
* Frontline Health, Hospice or Social Care Workers
* Carers aged 18 or over
* Household contacts of immunocompromised individuals who are aged 18 or over

It is possible to book an appointment now for you to have this vaccine. Please call the Surgery on 01273 736030 **after 1030** in order to book an appointment.

We will be operating a socially distanced clinic, to ensure the safety of our patients and staff.

* Please do not attend your appointment if you have a continuous cough, temperature of 37.8 or higher, or loss of smell/taste
* Please ensure you are appropriately clothed (wearing short sleeves)
* Please wear a face covering
* To reduce risk to staff and patients, this will be a brief appointment simply to administer the vaccine. Our clinicians will not be able to answer any medical queries or concerns on the day of the appointment.

We will be offering the recommended Quadrivalent vaccination (QIVe) to eligible 18-64 year olds.

A previous reaction to a flu jab is not necessarily a contraindication, as the vaccine is different each year. If in doubt, ask the Practice Nurse or Doctor.

**Trinity Medical Centre**