

# Flu Vaccinations 2021/2022

Flu is an acute viral infection of the respiratory tract characterised by fever, chills, headache, muscle and joint pain and fatigue and is easily transmitted to others. For otherwise healthy individuals, flu is an unpleasant but usually self-limiting disease with recovery within two to seven days.

The risk of serious illness from influenza is higher among children under six months of age, older people and those with underlying health conditions such as respiratory disease, cardiac disease or immunosuppression, as well as pregnant women. Flu vaccination remains the best protection we have against an unpredictable virus.

Vaccines are produced each year to provide protection against the strains that the World Health Organisation (WHO) considers may be most prevalent in the following winter.

## Eligibility Groups Include:

- All patients over 50 years of age
- Chronic respiratory disease such as: asthma, chronic obstructive pulmonary disease (COPD) or bronchitis
- Chronic heart disease such as: heart failure
- Chronic kidney disease at stage three, four or five
- Chronic liver disease
- Chronic neurological disease such as: Parkinson's disease or motor neurone disease or learning disability
- Diabetes
- Splenic dysfunction
- A weakened immune system due to disease such as HIV/AIDS or treatment such as cancer treatment
- Pregnant women
- BMI 40 and over
- Carers
- Those living in long-stay residential care homes
- People in close contact with immunosuppressed individuals
- Front line health and social care workers who are patients of the practice

Please contact the surgery to book your flu vaccine in one of our flu clinics.