

# THE WILSON PRACTICE

## FLU CLINIC 2018: BOOKING NOW

### FINAL CLINIC

THURSDAY 22 November 1:00pm - 15:30pm



**NHS advice is that you should be vaccinated to protect against flu...**

...if you are **over 65** or in an **at risk group**, because you have:

- asthma/COPD
- diabetes
- chronic kidney disease
- heart disease
- Parkinson's disease
- Motor Neurone Disease
- another long term condition

...or if you are:

- **immuno-suppressed** (having **chemotherapy**, for example, or you have **HIV/AIDS** or have had a **splenectomy**) or if you live in close proximity with someone who is immuno-suppressed
- currently **pregnant**
- the **main carer** for someone (personally or professionally)
- significantly **obese** (a BMI of 40 or more)

Influenza, and complications arising from it (eg bronchitis or pneumonia), kills thousands of people in the UK every year. The vaccine is developed each season to combat the strains forecast as most likely to be in circulation.

**PLEASE BOOK YOUR FLU JAB APPOINTMENT NOW**

If you are unsure whether you qualify for a free flu jab, please ask our reception team.