



FLU NEWSLETTER

Welcome to our Flu Newsletter.

We are writing to all our patients who are in the categories listed below to invite them to book their free Flu Vaccination now. We are opening on selected Saturday mornings just for Flu Vaccinations and our receptionists would be very happy to book you into one of these appointments.

Flu is a viral infection that can affect people of all ages. It's much more than a heavy cold! The first signs are headache, sore throat and a runny nose, aching muscles, fever and shivering. Flu makes you feel completely exhausted and the extreme fatigue may last for one to two weeks.

You can catch Flu by inhaling the virus or by handling items touched by an infected person. We are contacting all our patients aged 65 or over and those who are under 65 and have any of the diseases listed below to book an appointment for a Flu vaccination:

- ❖ lung disease, such as COPD and Asthma
- ❖ diabetes
- ❖ heart disease
- ❖ liver or kidney disease
- ❖ lowered immunity, including patients with cancer and HIV
- ❖ neurological disease, such as MS and Parkinson's Disease

or

- ❖ ladies who are pregnant
- ❖ children aged 2 – 4 years

If you are 65 or over or have any of the above conditions, are pregnant or have a children or children aged 2 – 4 years, please book a free Flu vaccination today!

All the GPs at
Eagle House Surgery