

# Charnock Health Newsletter



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## Charnock Health Primary Care Centre

Welcome to our regular newsletter, now available online as well as in surgery.

### Protect yourself against the flu this winter!

*It may seem as if summer is still with us but there are already Christmas decorations in the shops and preparations are well underway for our winter flu campaign.*

*Once again we are sending out invitations to all of our at risk patients to come along and get protected against the dangers of catching flu this winter. If you are at risk from flu and have not already received your invitation for a flu jab then let us know and we will make sure that you are on the list.*

*Those of you who have a flu jab each year will already know the benefits of being protected. If this is the first time that you have been invited to have a flu jab then please read this newsletter and let us know if you have any questions or concerns. We are happy to see you and discuss your flu jab in more detail.*

#### Who needs a flu jab?

*Certain groups of people are more at risk if they catch the flu.*

- **People aged 65 or over** are more likely to develop complications such as bronchitis or pneumonia as a result of catching the flu and may progress to become seriously ill as a result.

- People over six months of age with **long term illness** are also more at risk of serious complications if they get flu.

*You may well need a flu jab if you have **heart disease, diabetes, chest disease, kidney disease, liver disease, neurological problems** or if your **immune system is impaired** for any reason.*

- **Pregnant women** are at increased risk and are strongly advised to have a flu jab.

- **Carers** for elderly or disabled relatives would benefit from a flu jab.

- **Residents** of long stay residential homes and nursing homes should be protected.

- **NHS workers** who are in contact with the general public will need a flu jab.

#### What is involved in having a flu jab?

*The flu jab is free of charge and almost painless. It lasts for a year and the vaccine is effective against several different strains of flu. Most people are protected by a single injection. The standard injection is not suitable for people with a serious medical allergy to eggs.*



#### Why is flu protection so essential?

*If you are protected against the flu you are less likely to...*

- Need time off work

- Give the flu to other people

- End up in needing treatment in hospital

- Develop serious life-threatening complications

#### Important!

*Please make sure that you let us know as soon as possible if you need to change your appointment for a flu jab*

### I'm worried that the flu jab will give me the flu

The flu vaccine is made just a small part of the flu virus and does not contain any active virus. **It is not possible to catch the flu as a result of flu vaccination.**

There may be some generalised aching and redness at the site of injection after flu vaccination. This is completely normal and settles after a couple of days. This is due to your immune system switching on and developing your immunity to the flu.

Paracetamol is useful if you need to take anything for this.