

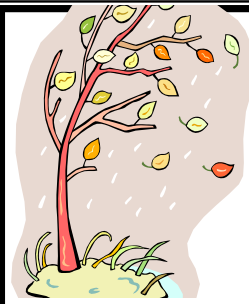
# Balmoral Surgery Newsletter



Issue 28

Autumn 2018

## Welcome to our Autumn Edition of the Balmoral Surgery Newsletter



**REMINDER** — we close every Wednesday at 1pm and re-open again every Thursday morning at 9.00am. If you require urgent advice between 1pm and 6pm on a Wednesday please ring: Tel: 07985 935 141.

If you require urgent advice between 6pm and 8am Monday to Friday or during the weekend (Saturday and Sunday) please contact the Out of Hours Centre - Tel: 9079 6220



## FLU VACCINATION PROGRAMME—2018/2019



Its that time of year again! The Flu Vaccination programme for autumn/winter 2018/19 officially began on 1st October 2018. **The Flu Vaccination is available to everyone aged 65 years and over or, if you are in a clinical risk group such as— suffering from Diabetes, Heart Disease, Asthma, COPD, Renal Disease and Liver Disease or if your are a carer.**

If you are **Immunosuppressed**, by this we mean , due to a particular medication or undergoing chemotherapy you will be included in a 'risk group' and will also be offered the vaccination. Again this year, **all pregnant women** at any stage of pregnancy (first, second or third trimesters) will be given the flu vaccine in the practice.

Also being vaccinated this year, in the practice, are all pre-school children **aged 2 years and over, on 1st September 2017 - that is children born between 2nd July 2014 and 1st September 2016.**

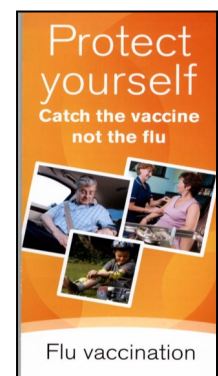
Please note—all children attending P1 to P7—primary school (**DOB 2nd July 2007 to 1st July 2014**) will be offered the flu vaccination **by the school health team.**

The flu vaccination is also being offered to all patients with a BMI (body mass index) of 40 or more, who are not in another risk category.

**Please contact reception now to make an appointment** with the Treatment Room Staff, for one of our flu clinics.

### **The flu vaccine protects against the 3 most common strains of flu.:**

- For (H1N1) an A/Michigan/45/2015 –like virus;
- For A/Singapore/INFIMH—16-0019/2016 9H3N2) -like virus;
- For B/Colorado/06/2017 like virus (B/Victoria/2/87 - lineage).



## SHINGLES VACCINATION PROGRAMME 2018/19

**The Shingles Vaccination is available will be given to all patients aged 70 and 78 years on 1st September 2018.**



Please see below for full explanation of eligibility:

- **Patients Age 70 years on 1<sup>st</sup> September 2018** (Birth date range – 02/09/1947 to 01/09/1948)
- **Patients Age 78 years on 1<sup>st</sup> September 2018** (Birth date range – 02/09/1939 to 01/09/1940) .
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Please note: anyone who was eligible for the shingles vaccine **in the previous five years** but has not yet received it and is not yet 80 years old. (those now aged 71, 72, 73, 74, 75 or 79) can also be given the vaccine.

### **What is shingles?**

Shingles (also known as herpes zoster), is an infection of a nerve and the area of skin around it. For most , it can be a mild infection with good recovery, but it can cause a rash of very painful, fluid-filled blisters on the skin that can be very sore. These blisters usually affect an area on one side of the body, most commonly the chest but sometimes also the head, face and eye.

### **How effective is the vaccination?**

By having the vaccine you will reduce your chances of developing shingles by more than a third and if you do go on to have shingles the symptoms will be milder and the illness shorter, than if you had not had the vaccination.

### **Will I need a vaccination every year?**

Like most vaccinations, the vaccine will be given in your upper arm but you will only have to have the vaccination once—unlike the flu jab, you do not need to be re-vaccinated every year.

**The shingles vaccine can be given at the same time as your flu vaccine.**

## **Whooping Cough Vaccination**

Whooping Cough vaccination is advised for **all** pregnant women from or as soon after the 16<sup>th</sup> week of pregnancy as possible.

**The vaccination is given here at the surgery.**

Please speak to one of the receptionists who will make an appointment for you with the Practice Nurse.

Alternatively if you would like further advice, you can ring to speak to one of our Nurses. The Nurses are available— Monday to Friday between 12.30pm and 1pm **on Tel: 9068 7579.**

