



**Ruby Country
Medical Group**

HOLSWORTHY, STRATTON
& HATHERLEIGH

Flu Newsletter 2019

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OPENING TIMES

8:00 to 6pm

Monday to Friday.

Improved Access

Tuesday and Thursdays Evenings until 8pm

Alternate Saturday Mornings

9am-12:30pm

Flu Vaccination

Flu Vaccine is available free on the NHS for anyone aged 65 and over, pregnant women, all children aged two to ten on 31 August 2019, those aged six months to under 65 years in clinical risk groups, those in long-stay residential care homes, carers, close contacts of immunocompromised individuals.

HOW IT WORKS:

The flu vaccine stimulates your body's immune system to make antibodies to attack the flu virus. If you're exposed to the flu virus after you've had the flu vaccine, your immune system will recognise the virus and immediately produce antibodies to fight it. You need to have a flu jab every year, as the antibodies that protect you from flu decline over time, and flu strains can also change from year to year.

PLEASE CALL US NOW TO MAKE AN APPOINTMENT!

Flu Clinic Dates

Holsworthy Medical Centre—Saturday 28th September & Saturday 12th October for Over 65's only.

Stratton Medical Centre - Saturday 19th October

Shebbear Village Hall - Thursday 17th October pm only

Holsworthy Medical Centre - Saturday 26th October

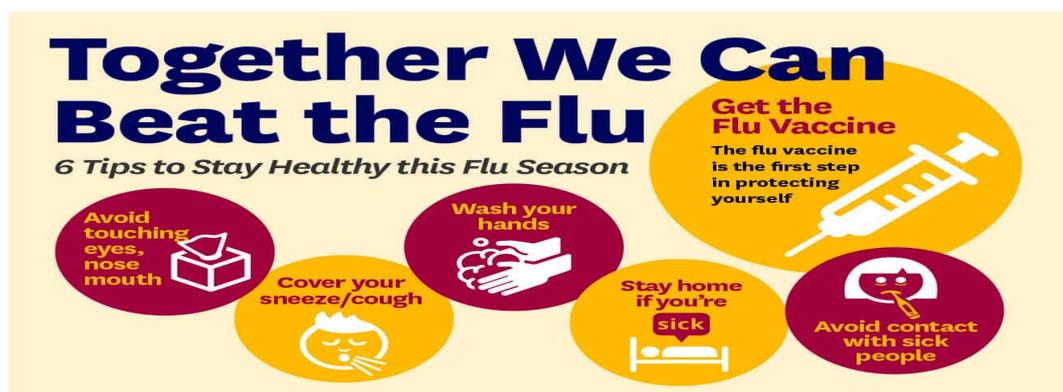
Hatherleigh Medical Centre - Wednesdays with HCA

Flu appointments also available at other times, please call to book.



Top 10 messages for eligible patients

1. **Flu is much worse than a heavy cold** flu symptoms can be severe and can come on suddenly. You're likely to spend several days in bed and feel very unwell.
2. **You are at greater risk of complications from flu**— you're eligible for flu vaccination because you need it.
3. **The flu vaccine is very safe.**
4. **The flu vaccine is the best protection we have** against an unpredictable virus.
5. **The flu vaccine CANNOT give you flu** your arm might be a bit sore where you were injected and some people have a slight temperature.
6. **The flu vaccine stimulates your body's immune system to make antibodies to attack the flu virus**—if you're exposed to the virus after you've have been vaccinated, your immune system will recognise the virus and produce antibodies to fight it.
7. **It can take up to 2 week for the flu vaccine to work.**
8. **You need to have the flu vaccine each year** because the circulating strains of the virus change and so different vaccines are produced to match.
9. **Pregnant women can have the vaccination at any stage of pregnancy**, flu can make you and your baby very ill. Vaccination can also protect your baby against flu after they're born and during their first few months.
10. **Your vaccination helps to protect those around you too**, so elderly relatives, those with long-term conditions & other family members are all protected by your vaccination.



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