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We'd like to say a big thank you to all of our patients who make lots of lovely cakes or donated towards the raffle and coffee morning we held at our Annual Flu Clinic. We'd also like to say a big thank you to all the patients who attended, I hope you all agreed the morning was a great success and it was nice to see so many of our patients were able to come along. We raised an impressive **£522.80** which like last year will be divided between MacMillan Cancer Support and the Colwall Care Scheme.

FLU SEASON DID YOU MISS THE FLU CLINIC AND ARE YOU ELIGIBLE FOR THE FLU VACCINATION?

Why is flu vaccination a big deal?

For most healthy people, flu is an unpleasant but usually self-limiting disease with recovery generally within a week. However, older people, the very young, pregnant women and those with underlying disease, especially chronic respiratory or cardiac disease, or those who are immunosuppressed, are at particular risk of severe illness if they catch flu.

Why is the flu vaccination programme being extended?

- There were estimated to be 11,000 deaths attributed to flu in 2012/13
- The best way to improve the prevention of flu is to increase the number of people vaccinated
- Extending flu vaccination to children will reduce the spread of flu in the community. This can prevent cases of severe flu and flu-related deaths in older people and those who are in risk groups.

Are there side effects?

Serious side effects of the injected flu vaccine are very rare. You may have a slight temperature and aching muscles for a couple of days after having the jab, and your arm may be a bit sore where you were injected. There is a nasal vaccine available for patients under 18 years.

SEE THE CHECKLIST OVERLEAF FOR DETAILS ON WHO NEEDS WHICH VACCINATION

Our next mini flu clinic is being held on the 19th & 26th November at the Surgery. You do need to make an appointment to attend this clinic so please arrange this with reception.

DID YOU KNOW ?.....

....that during the month September 2014 we had 33 missed appointments! That's 3/4 of a days of GP and Nurse time were wasted on patients who didn't arrive for their appointment. If you cannot attend your appointment, please let us know. Someone else could then use that time.

Ear Syringing

We would like to take this opportunity to explain what patients need to do before they book in for an ear syringe with the Nurse:

- Make an initial 10 minute appointment with the nurse to check your ear as it may not be wax that is the problem
- If nurse confirms your ears need syringing they will give you a leaflet with instructions on how to apply the oil.
- make an appointment for this to be done at least 10 days after you are going to start putting oil into the effected ear.
- Apply twice daily following the instructions given by the nurse.

When applying the oil the nurses advise is to use of olive oil

Colwall Surgery Flu guide 2014/2015

Do you need a flu vaccination this Year?

Adults

Aged 18 to 65?

Do you have any of the following medical conditions?

Diabetes, Asthma, COPD, Heart Disease, Kidney Disease, Liver Disease, Stroke, Immunosuppression, and neurological conditions.

NO - You will not be offered a flu vaccine

YES - It is important that you have the flu vaccine by injection

65 and over

Everyone over 65 is eligible. It is recommended that you have the flu vaccine by injection.

If you are pregnant

Pregnant mothers and their unborn babies need protection against flu. The flu vaccine can be safely given at any stage of pregnancy.

Health and Social Care staff

Health and social care workers who come in direct contact with patients should be offered the flu vaccination as part of an occupational health programme.

If you are a Carer

If you are the main Carer of an elderly or disabled person whose welfare may be at risk should you become ill - You should have a flu vaccine by injection.

Children

6 months to 2 years old

Is your child at risk because of one or more medical conditions or treatments?

NO - Your child will not be offered the vaccine

YES - It is important that your child has the flu vaccine

Ages 2 - 4

All children in this age group can have the **nasal flu vaccine** (no needle!). If your child is unable to have the nasal flu vaccine due to allergies or other medical reasons, they can still have the flu vaccine by injection.

Ages 5 - 17

Is your child at risk because of one or more medical conditions or treatments?

NO - Your child will not be offered the flu vaccine unless they are in Year 7 or 8 in high school

YES - It is important that your child has the flu vaccine

Ages 12 & 13 (school year 7 & 8)

The pilot scheme in Herefordshire aims to vaccinate large numbers of children so flu isn't able to spread easily. The vaccine not only protects the individual child, but it also protects siblings and other family members such as grandparents.

This group will be offered the **nasal flu vaccine** unless your child is unable to have the nasal flu vaccine due to allergies or other medical reason, they can still have the flu vaccination by injection

If you are unsure whether you need to have a flu vaccination please contact the surgery. Our telephone number is **01684 540323**. If you have any other queries please do not hesitate to contact us. Thank you!