

# Flu Update 2020

## **Book your flu vacc now!**

If you are aged 65 and over, or you are in a high-risk clinical group, your Doctor strongly recommends that you have a flu vaccination.

Flu clinics this year:

- The aged 65+ vaccinations are being done on Saturdays at both Mayfield, Cherrybrook Square and Mayfield, 37 Totnes Road.
- We are doing under 65 at risk vaccinations from 6-8pm at Mayfield, 37 Totnes Road.
- Child flu vaccs (for those aged 2 to 3 on 31/08/2020, i.e. born between 01/09/2016 to 31/08/2018, and those clinically at risk) are from 6-8pm at Mayfield, 37 Totnes Road. There are also some clinics 4-5pm at our Cherrybrook Square site.

Things will be slightly different this year due to the Coronavirus pandemic.

At all locations social distancing measures will be in place and staff will be wearing the appropriate PPE. There will be a one way queueing system (outside) with separate entrance and exit locations. All flu vaccinations are by appointment only.

- Please wear a top with short sleeves or no sleeves.
- Please wear a mask.
- Have your arm out ready
- Do not come to the surgery if you have COVID symptoms.

**Who is eligible? Book an appointment if you are in one of the categories listed below:**

All patients aged 65 and over (inc those turning 65 by 31/03/2021)	Diabetes
Chronic respiratory diseases (Asthmatics only if taking inhaled or tablet steroid treatment or if it has led to a hospital admission in the past.)	Immunosuppression
Chronic heart disease	Asplenia or dysfunction of the spleen
Chronic kidney disease	Being seriously overweight (a BMI of 40 or above)
Chronic liver disease	People in long stay residential homes
Chronic neurological disease	Pregnant women
A learning disability	Carers

50-64 year olds not otherwise at risk will be contacted later in the year – please do not try to book an appointment yet.

**Book today – call us on 01803 495400**