

GLENLYN MEDICAL GROUP

Flu Clinics 2018

Who can have a flu jab?

It's the time of year when we invite patients in for flu clinics. To be eligible you need to **age 2 or 3 on 31.8.2018** (DOB 1.9.2014 - 31.8.2016,) **pregnant, over 65** or have one of the following conditions:

- chronic (long-term) respiratory diseases, such as severe **asthma** (which requires an inhaled or tablet steroid treatment, or has led to hospital admission in the past), **chronic obstructive pulmonary disease (COPD)**, **emphysema** or **bronchitis**
- chronic heart disease, such as **heart failure**
- **chronic kidney disease** stage 3 or above
- chronic liver disease, such as **hepatitis**
- chronic neurological conditions, such as **Parkinson's disease**, **motor neurone disease** or **multiple sclerosis (MS)**
- **diabetes**
- problems with your spleen – for example, **sickle cell** disease or if you have had your **spleen removed**
- a weakened immune system as the result of conditions such as **HIV and AIDS**, or medication such as **steroid tablets** or **chemotherapy**
- being seriously overweight (**BMI of 40 or above**)

You are also entitled to a free NHS flu vaccine if you receive **carers allowance**, live in the **same household** as someone whose immune system is compromised (for example as a result of chemotherapy,) or you are the **main carer** for an elderly or disabled person whose welfare may be at risk if you fall ill.

Unfortunately Parents of otherwise healthy children are not entitled to a free NHS flu jab

Any questions, just ask at reception or when you see a GP, nurse or Health Care Support Worker