

The Manor Practice

FLU NEWSLETTER

**THE 2018 FLU
SEASON IS HERE**

**Vaccination against
Flu has already
started so either
book in for an
appointment during
the week or into our**

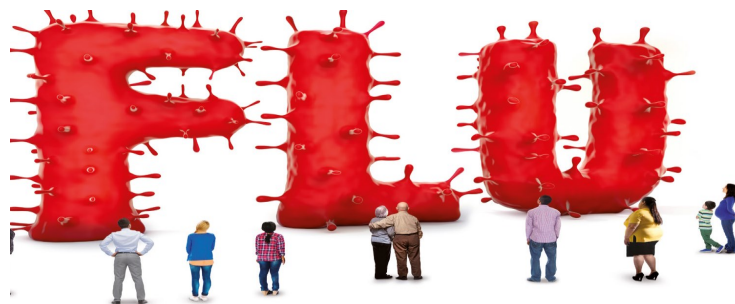
Saturday Morning

Clinic on

3rd November

FLU, GET THE FACTS

- ⇒ **Many people think flu is just a bad cold, but it isn't—flu can develop into MORE SERIOUS ILLNESSES, such as bronchitis and pneumonia, which could lead to a stay in hospital.**
- ⇒ **The number of deaths from flu varies each year—in the UK it can be as high as 10,000 but has reached more than 20,000 in a flu epidemic year.**
- ⇒ **Although many people say they rarely get flu, each year around 15-20% of people in the UK are affected.**
- ⇒ **FLU SPREADS EASILY—flu viruses can survive as particles in the air, or on surfaces such as door handles for several hours. So one person with flu can infect many others.**
- ⇒ **Vaccination is the most effective way to prevent FLU**
- ⇒ **Flu viruses are constantly changing so vaccines are developed to protect against the predicted strains each so it is important to get vaccinated against the latest strains.**



IT'S TOO BIG TO IGNORE

The Department of Health recommends flu vaccination if you are:

- Pregnant
- Aged 65 and over
- A person with DIABETES
- A person with a BMI ≥ 40

Or if you have a long-term condition of the:

- Lungs, e.g. Asthma or COPD
- Heart
- Brain or Nervous System
- Kidneys
- Liver
- Immune System
- Spleen

Vaccination is the best option for protection, so if you're in one of the groups listed above, don't underestimate FLU –

Book your FLU JAB today !!!