

# ***FLU SEASON IS HERE !!!***

**If you are aged 65 and over or have one of the chronic diseases listed below, it's time to book your annual flu vaccination.**

If in doubt please check with staff member who will advise.

- Diabetes mellitus
- On immunosuppressant drugs
- Immunodeficiency disorder
- HIV positive
- Ischaemic heart disease
- Congenital cardiovascular disorder
- Chronic kidney disease
- Renal transplant
- Liver disease
- Cerebrovascular accident
- Neurological disorders
- Having Chemotherapy
- Lung disease (Asthma only if you take a steroid tablet or steroid inhaler)
- If you are a pregnant lady or you are a Carer for someone you can also have the vaccination.

**If you have any of the above conditions (apart from pregnant ladies) you also need a one off vaccination against pneumonia which can be given at the same time.**

**Please Book your appointment now!**

