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September 2007

Dear Patient(s)

## WINTER VACCINATIONS

**Flu** is usually a self-limiting illness, lasting between 2-7days. However, some people are "at-risk" of flu becoming a much more serious illness. We recommend that the following patients have an annual flu vaccination:

- Patients over the age of 65 years
- Patients with heart problems
- Patients with diabetes
- Patients with a weakened immune system
- Patients with kidney disease

**Pneumonia** is a bacterial infection, responsible for over 60% of all adult infections. There is a pneumonia vaccine available to the same groups of people, which can be safely administered at the same time as the flu vaccine. It is a "once only" vaccine.

These vaccines are available free to the categories listed. A team of clinical staff will be available to administer your vaccine(s) at our "**drop-in**" sessions (**no appointment necessary**) listed below:

DATE	PLACE	TIME
Saturday 6 <sup>TH</sup> October	Woolpack House	9.00-12.00
Saturday 13 <sup>th</sup> October	Woolpack House	9.00-12.00
Saturday 20 <sup>th</sup> October	South Bank Branch	9.00-12.00

Look after yourself this Winter!

Yours truly

[Meet the Team - Practice Nurses](#)

DR M. WENDY EVANS | DR DAVID S. FAIR | DR DAVID C. HARTLEY | DR JULIA M. ALEXANDER |  
DR W. JOHN LOCKETT | DR NICOLA J. GILL | DR ANTHONY C. PEGRUM | DR J. BENJAMIN  
SHORTEN | SALARIED GP DR RACHEL GRAINGER | PRACTICE MANAGER MRS DANA HOMER  
Issued: November 2007