

Jorvik Medical Practice
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It will soon be flu-jab time again!

As we approach the Autumn/Winter seasons, we all must plan to protect ourselves from coughs and colds. Jorvik Medical Practice will be providing flu and pneumonia vaccines for patients in categories identified as "at-risk" by the Department of Health.

The practice will be holding a series of drop-in sessions on Saturday mornings during October 2008 as follows:

DATE	PLACE	TIME
Saturday 4 th Oct 2008	Woolpack House	9.00 – 11.30am
Saturday 11 th Oct 2008	South Bank Practice	9.00 – 11.30am
Saturday 18 th Oct 2008	Woolpack House	9.00 – 11.30am
Saturday 25 th Oct 2008	South Bank Practice	9.00 – 11.30am

We look forward to keeping you healthy this winter.

Regards

THE NURSING TEAM

Note: See the following page for the 2008/09 Flu criteria and Winter Vaccination information

FLU CRITERIA FOR 2008/09

1. All registered patients 65+years
2. All patients with any of the following existing health problems:
 - a. Heart
 - b. Lung
 - c. Kidney
 - d. Liver
3. Patient with type 1 or type 2 diabetes
4. Patients with weakened immune systems – e.g. spleen removed/ HIV.
5. Those who are main carers for the elderly or disabled: professional carers should seek advice from their occupational health officer/nurse.
6. Poultry workers – especially those handling live birds.

NOTE: Patients who feel they are “at-risk” should consult a member of the clinical team for specific advice if they are mentioned above.

Winter Vaccinations

FLU is usually a self limiting illness, lasting between 2-7days for most people. However, some people are “at-risk” of flu becoming a much more serious illness. The ‘flu-jab’ is an annual vaccination and is still available free-of-charge for patients considered vulnerable.

PNEUMONIA is a bacterial infection, responsible for 60% of all adult infections. The practice offers vaccination to the same “at-risk” groups. It is a once only vaccine for the majority of people, and can be safely administered at the same time as the ‘flu-jab’.