



# ESTOVER SURGERY

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## FLU SEASON

Flu season is here again, if you fall within any of the following categories please contact the surgery and arrange your flu vaccination appointment in one of our flu clinics:

**PREGNANT WOMEN** – Not in an at risk group

**ALL PATIENTS 65 YEARS AND ABOVE**—including those patients turning 65 by 31.3.13

**6 MONTHS – 65 YEARS IN AN AT RISK GROUP**

**AT RISK GROUPS:**

- COPD
- **ASTHMATICS** – If on 2 inhalers or if admitted to hospital
- **HEART PATIENTS** – Including Stroke, TIA
- **RENAL PATIENTS (CKD)**
- **LIVER DISEASE**
- **ALL DIABETICS**
- **IMMUNOSUPPRESSED** – including family members living at same address
- **CHEMOTHERAPY** – If still under going treatment
- **HIV PATIENTS**
- **SPLENECTOMY**



**CARERS** – Registered Carers within the practice

Any patient's employed as a carer is to be vaccinated by their employer/occupational health team

**RISK OF SERIOUS ILLNESS FROM FLU ITSELF OR INFLUENZA EXACERBATING ANY UNDERLYING DISABILITY**

**LONG STAY CARE FACILITIES** – This does not include prisons, young offenders institutes or University Halls of Residence

## Whooping Cough for Pregnant Ladies

There is a lot of whooping cough around at the moment and babies who are too young to start their vaccinations are at greatest risk.

Expectant mothers can help protect their babies by getting themselves vaccinated against whooping cough from week 28 of their pregnancy.

You may have thought whooping cough had died out but it has been rising recently with over four times as many cases in England and Wales up to the end of August 2012 as there were up to the end of August 2011. Cases in young babies especially are rising quickly.

### Don't take the risk

Act now to protect your baby from whooping cough from birth



#### APPOINTMENTS

Please remember to cancel your appointment if you are unable to make as someone can make use of it.

Thank – you

#### Welcome

We would like to welcome Trina who has joined us on a 12 month temporary position within the receptionist team.

#### CHLAMYDIA SCREENING

If you are aged between 15 and 24 years you are entitled to a free and confidential Chlamydia test. Chlamydia is a sexually transmitted infection or STI for short and may not show any symptoms. 1 in 10 of under 25's have tested positive to Chlamydia.

The use of condoms can prevent STI's.

The test in question is available from the entrance lobby of the surgery, you take the sample yourself and return it to surgery with the completed form. It is recommended to have the test repeated on a yearly basis.