

# Hucclecote Surgery

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**Dr Paul Hodges & Partners**

**Sept - Nov 2018**

## **The Flu season is coming.....**

**It is important to get vaccinated at your GP Surgery  
if you meet the criteria below:**

In 2018/2019 the following patients are eligible for a flu vaccination:

- Children: school age children will receive their vaccinations via the School Nurse Team and only children aged 2 & 3 (dates of birth from 1 September 2014 to 31 August 2016) will be eligible at the surgery.
- Those aged 6 months to under 65 years in clinical risk groups:
  - Chronic respiratory disease (asthma only if severe – requires continuous or frequent repeated use of systemic steroids or with previous exacerbations requiring hospital admission ).
  - Chronic heart disease.
  - Chronic kidney disease.
  - Chronic liver disease.
  - Chronic neurological disease.
  - Diabetes.
  - Immunosuppression.
  - Asplenia or dysfunction of the spleen.
- Patients in long-stay residential homes.
- Pregnant women.
- Adults with a BMI  $\geq 40\text{kg/m}^2$  (16 years +).
- Carers.
- Patients aged 65 years + (born on or before 31 March 1954).

This year there are 3 types of vaccine:

- LAIV nasal spray for Children.
- Adjuvanted trivalent vaccine (aTIV) for all 65s and over. NHS England has recommended that the adjuvanted trivalent influenza vaccine (aTIV) be made available to all those aged 65 and over in 2018/19. This is the most effective vaccine currently available for this group.
- Quadrivalent vaccine (QIV) for 18 – under 65s at risk. NHS England has recommended that adults aged 18 to under 65 in clinical at-risk groups are offered the quadrivalent influenza vaccine (QIV) which protects against four strains of flu.

The aTIV is only available from one UK supplier, so to help with demand, deliveries of this vaccine are being split from September to November across the UK with GP surgeries having 40% delivered in September, 20% in October and the remaining 40% in November. We are therefore offering the following dates for our flu clinics this year and we need to stress that the above groups need to attend the correct sessions and appointments must be booked in advance.

## Flu Clinic Dates:

Wednesday	19 September	8.30am	-	6.00pm	aTIV 65 +
Wednesday	26 September	8.30am	-	12.30pm	QIV under 65 year olds at risk
Wednesday	3 October	2.30pm	-	6.00pm	QIV under 65 year olds at risk
Thursday	18 October	8.30am	-	1.00pm	aTIV 65 +
Tuesday	6 November	8.30am	-	6.00pm	aTIV 65 +
<i>Children's clinic will be held late October (we are waiting delivery dates)</i>					

**TO BOOK YOUR APPOINTMENT PLEASE POP IN TO RECEPTION OR CONTACT US ON 01452 617295**

The above information will be displayed on our website.

More information regarding the flu can be found on: <https://www.nhs.uk/live-well/healthy-body/facts-about-flu-and-the-flu-vaccine/>



## Other common winter illnesses



*We will be shortly updating our website to contain factsheets re: winter illnesses.*

### The Common Cold:

- What is the common cold? Mild viral infections can cause symptoms of the cold, including a blocked and then runny nose, sneezing, cough, a sore throat, a slightly raised body temperature (fever) up to 39°C and feeling generally unwell.
- How dangerous are colds? Colds are harmless infections that in the vast majority of cases get better by themselves without any complications.
- How common are they? Colds are very common, and adults get an average of two to four colds a year.
- Are there any complications? While the symptoms are unpleasant, the common cold is harmless. Complications, such as chest, ear and other infections, are rare.
- Will I need antibiotics? Most colds get better on their own without treatment. Antibiotics are ineffective for treating the common cold and may cause side effects.

### Sore Throats:

- How common is sore throat? Sore throats are extremely common.
- What's causing sore throat? Sore throat is usually caused by a harmless viral throat infection that gets better by itself. You may suffer from bacterial tonsillitis if you have pus on your tonsils (the two clumps of tissue on either side of your throat), painful glands in your neck and fever – but no cough. The Epstein-Barr virus, which causes glandular fever, is responsible for about 1 to 10 out of 100 cases
- How long are my symptoms likely to last? Your sore throat is likely to get better within 3 to 7 days (and a maximum of 2 weeks) without the need for treatment by a health professional. Most sore throats last for an average of eight days.
- Will I need antibiotics? You won't normally need antibiotics (which can often do more harm than good if given unnecessarily) for most throat infections.

More useful and helpful tips on winter illnesses can be found via: NHS Choices  
(<http://www.nhs.uk/Conditions/Cold-common/Pages/Introduction.aspx>)

**PLEASE REMEMBER YOUR PHARMACIST CAN ALSO HELP YOU WITH ASSESSING YOUR SYMPTOMS.**