

gelatin – again, your GP can advise you if this applies to you

- you've had a serious allergic reaction (including an anaphylactic reaction) to a previous dose of the chickenpox vaccine
- have an untreated TB infection

Welcome to



Visit our website at www.oakfieldshhealthcentre.co.uk

The Flu Vaccination.....who should have it and why

Flu can affect anyone but if you have a long-term health condition the effects of flu can make it worse even if the condition is well managed and you normally feel well. You should have the free flu vaccine if you are:

- pregnant

all pregnant women should have the flu vaccine to protect themselves and their babies. The flu vaccine can be given safely at any stage of pregnancy, from conception onwards.

or have one of the following long-term conditions:

- a heart problem
- a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma
- a kidney disease
- lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- liver disease
- had a stroke or a transient ischaemic attack (TIA)
- diabetes
- a neurological condition, eg multiple sclerosis (MS), cerebral palsy or learning disability
- a problem with your spleen, eg sickle cell disease, or you have had your spleen removed
- are seriously overweight.

The shingles vaccine and other vaccines

It's safe and may be more convenient for you to have the shingles vaccine at the same time as your flu vaccine.



Who should consider having a flu vaccination?

All children and adults who have any condition listed previously, or who are:

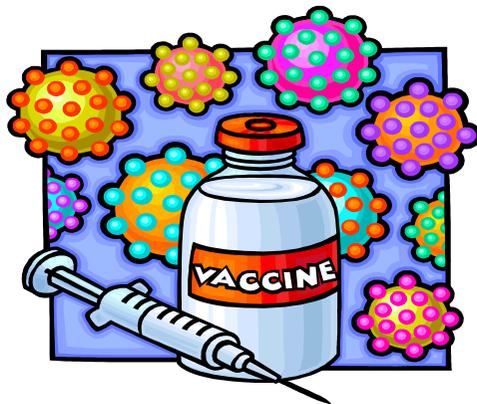
- aged 65 years or over
- living in a residential or nursing home
- the main carer of an older or disabled person
- a household contact of an immunocompromised person
- a frontline health or social care worker
- aged two and three (i.e. born on or after 1 September 2013 and on or before 31 August 2015)

Flu Clinics

Don't forget your Flu Injection or Nasal Spray for children!

Flu clinics are being held at the practice from mid-September for adults and October onwards for children, keep an eye out for posters in the practice and on our website....

Please call at reception to book an appointment.



The Shingles Vaccine ... Who should have it and why

You are eligible for the shingles vaccine if you are aged 70 or 78 years old.

In addition, anyone who was eligible for immunisation in the previous three years of the programme but missed out on their shingles vaccination remains eligible until their 80th birthday. This includes:

- people in their 70s who were born after 1 September 1942
- people aged 79 years

The shingles vaccine is not available on the NHS to anyone aged 80 and over because it seems to be less effective in this age group.

You can have the shingles vaccination at any time of year, though many people find it convenient to have it at the same time as their annual flu vaccination.

Is there anyone who should not have the shingles vaccination?

You should not have the shingles vaccine if you:

- have a weakened immune system (for example, because of cancer treatment, if you take steroid tablets or if you've had an organ transplant – your doctor will advise whether this applies to you)
- you've had a serious allergic reaction (including an anaphylactic reaction) to a previous dose of any of the substances in the vaccine, such as neomycin and