

## **Manor House Surgery to offer Drop in Flu Clinics for patients**

Manor House Surgery, Belton is now offering 'Drop in Flu Clinics' to all our patients 65 years and over, and those aged 11 years or over and in clinical risk groups.

Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week. However, flu can be more severe in certain people, such as:

- Anyone aged 65 and over
- Pregnant women
- Children and adults with long-term health conditions
- Children and adults with weakened immune system

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia, so it's recommended that they have the flu vaccine every year to help protect them.

An improved vaccine for the over 65's is to be used for the first time in the UK this winter. The enhanced vaccine is expected to improve effectiveness by boosting the body's immune response to the vaccine which is of particular benefit to this age group.

A third of all admissions to hospital last winter were because of flu so patients entitled to have the free flu vaccine are encouraged to do so as soon as possible

Manor House Surgery has already taken deliveries of the vaccine so eligible patients are being offered the opportunity to call into the surgery between 11.30am and 12.30pm Tuesday to Friday to have their flu jab.

Patients who are unable to attend the drop in clinics are welcome to call the surgery on 01530 222368 to make an appointment. Parents/carers of children aged 2 and 3 years old will be notified of special clinics being organised for the nasal spray flu vaccine.