

Norbury Medical Practice Newsletter – October 2019



FLU JABS

The flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications. 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 an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious [complications of flu](#), such as [pneumonia](#) (a lung infection), so it's recommended that they have a flu vaccine every year to help protect them.

Who should get the flu vaccine?

The flu vaccine is routinely given on the NHS to:

- adults 65 and over
- people with [certain medical conditions](#) (including children in at-risk groups from 6 months of age)
- [pregnant women](#)
- children aged 2 and 3 on 31 August 2019
- children in primary school
- frontline health or social care workers

Which type of flu vaccine should I have?

There are several types of flu vaccine. You'll be offered the one that's most effective for your age:-

- children aged 2 to 17 in an eligible group are offered a live attenuated quadrivalent vaccine (LAIV), given as a nasal spray
- adults aged 18 to 64 who are either pregnant, or at increased risk from flu because of a long-term health condition, are offered a quadrivalent injected vaccine – the vaccine offered will have been grown either in eggs or cells (QIVe or QIVc), which are considered to be equally suitable
- adults aged 65 and over will be offered either an adjuvanted trivalent injected vaccine grown in eggs (aTIV) or a cell-grown quadrivalent injected vaccine (QIVc) – both vaccines are considered to be equally suitable.

If your child is aged between 6 months and 2 years old and is in a [high-risk group for flu](#), they'll be offered an injected flu vaccine as the nasal spray is not licensed for children under 2.

Talk to a GP, practice nurse or pharmacist for more information about these vaccines.

Where to get the flu vaccine

You can have your NHS flu vaccine at:

- your GP surgery
- a local pharmacy offering the service
- your midwifery service if they offer it for pregnant women

When to have a flu vaccine

The best time to have a flu vaccine is in the autumn, from the beginning of October to the end of November. But do not worry if you have missed it, as you can have the vaccine later in winter. Ask a GP or pharmacist.

The flu vaccine for 2019-20

Each year, the viruses that are most likely to cause flu are identified in advance and the [World Health Organization \(WHO\)](#) recommends which type of flu virus strains to include in the vaccine.

NHS VACCINATIONS AND WHEN TO HAVE THEM.

Why vaccines are important

Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent up to 3 million deaths worldwide every year.

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or seen very rarely.

Other diseases like measles and diphtheria have been reduced by up to 99.9% since their vaccines were introduced.

However, if people stop having vaccines, it's possible for infectious diseases to quickly spread again.

Be aware that anti-vaccine stories are spread online through social media.

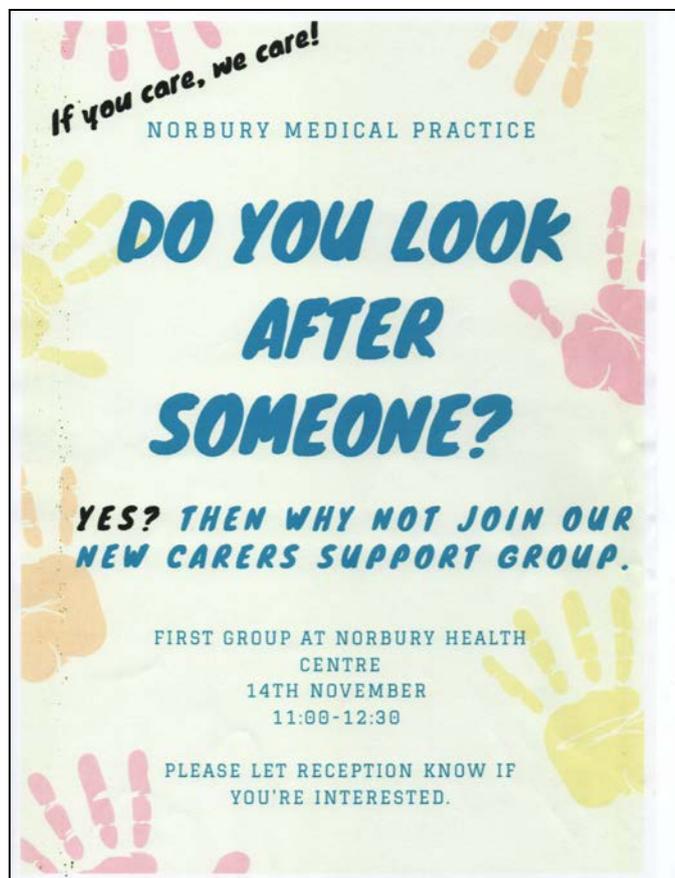
They may not be based on scientific evidence and could put your child at risk of a serious illness

How to book your child's vaccination appointment

You'll usually be sent an appointment letter when your baby or child is due for a routine vaccination. It could be at your GP practice or a local child health clinic.

It's best for your child to have their vaccinations according to the [NHS vaccination schedule](#), but it's never too late to check if they can still have them. Call or visit your GP practice to make sure your child has any vaccinations they have missed, whatever your reason.

SUPPORT FOR EVERYONE WHO CARES FOR AN OLDER OR DISABLED PERSON.



PRESCRIPTION REQUESTS

Our repeat prescription system follows both the national and Croydon NHS prescribing policies.

If you take medication on a regular basis you will need to make further requests by using the tear-off slip on the right hand side of the computerised prescription slip which you can hand in at the reception or post to the surgery. You can also order your prescriptions online once you have registered for this service. If posted, do remember to enclose a stamped addressed envelope.

Please allow two working days for your prescription to be ready, making extra allowance for bank holidays and weekends. From time to time you will be asked to see a doctor to review your medication. Note that a REPEAT PRESCRIPTION REQUEST WILL NOT BE ACCEPTED BY TELEPHONE unless the patient is housebound, as serious mistakes can happen in taking messages on the phone.

If you do run out of your repeat medication then an emergency supply may be obtained from your regular pharmacist. We no longer accept requests for patients from the pharmacy.